

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001377

Submission Date: 07/07/2010

Organization Type: Educational Institution

Organization Name: University of Michigan

First Name: Marsha

Last Name: Benz

Job Title: Alcohol and Other Drug Health Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please KEEP the recommendations for alcoholic beverages at no more than two for men per day and no more than 1 for women. Please add "no more than four times per week." Thank you for helping to reduce risk from alcohol.

Comment ID: 001385

Submission Date: 07/07/2010

Organization Type: Educational Institution

Organization Name: University of New Mexico

First Name: John

Last Name: Steiner

Job Title: Health Educator / Researcher

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: One of the cornerstones of the Obama administration is the reliance upon accepted, peer-reviewed science to inform public policy. I am not aware of anything that undermines the current dietary guidelines for the consumption of alcohol in a meaningful way. Please refrain from changing the guidelines for alcohol consumption; we have a huge human and economic cost from its over-use already- we don't need to further the problem.

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001399

Submission Date: 07/07/2010

Organization Type: Educational Institution

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Because of serious risks to the public, the alcohol consumption guidelines should remain based on per day consumption. Also without proper zero randomized controlled trials for low alcohol consumption, we cannot draw any conclusions regarding the health benefits of moderate alcohol consumption.

Comment ID: 001437

Submission Date: 07/08/2010

Organization Type: Educational Institution

Organization Name: Jones County Public Schools

First Name: Kelly

Last Name: Michaud

Job Title: Public Relations/Community Schools

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am especially concerned that despite the Report's caveats, the industry will use the new recommendations to promote alcohol consumption and increased consumption.

I am asking that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public.

Please specifically consider that the new Guidelines maintain the formulation of domino strategy guideline which says that for underage minor, pregnant woman or people on medicines "Zero" is the acceptable limit per day, for women 1 drink of "normal" size 12 oz beer one ounces of hard alcohol is acceptable and for men it is 2 of the same size drinks in a 1 day as acceptable levels.

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001443

Submission Date: 07/09/2010

Organization Type: Educational Institution

Organization Name: Wayne State University

First Name: John

Last Name: Hannigan

Job Title: Deputy Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Summary: The section on drinking during pregnancy (Part D. Section 7. Page 4) gives wrong impressions about safe levels or patterns of drinking at certain times during pregnancy, and that the sole nutritional mechanism is known to involve folate. Specific corrections are recommended below.

Full Comment: Regarding the "detrimental effects of alcohol consumption on health" (Section D. Alcohol), the recommendations for drinking alcoholic beverages during pregnancy erroneously give the impression that "moderate drinking" later in pregnancy is not problematic. The statement implies there is a level of maternal drinking, something less than "moderate," that is safe for embryos and fetuses whereas none has been found. Further, maternal binge drinking in pregnancy ought to be noted as particularly risky for embryos and fetuses. Finally, the statement on pregnancy may also be interpreted too narrowly regarding the mechanism(s), which are not very well understood. There is strong clinical and basic experimental evidence that alcohol's deleterious effects in early development involve both primary and secondary under-nutrition, and many more nutrients and their metabolic pathways than folate alone. I recommend the section on Pregnancy (Part D. Section 7. Page 4) be revised to read as follows:

Pregnancy. Binge or heavy drinking during pregnancy can produce a range of behavioral and psychosocial problems, malformations, and neural and cognitive dysfunction in the offspring (NIAAA, 2003; NIAAA, 2009). Even daily moderate drinking during pregnancy, or perhaps before pregnancy, may have behavioral or neurocognitive consequences in the offspring. There is no level of alcohol consumption known to be safe for fetuses or embryos. These effects may be from the direct toxic effects of alcohol or its metabolites, or from the effects that alcohol has on various nutrients or their metabolic pathway.

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001462

Submission Date: 07/09/2010

Organization Type: Educational Institution

Organization Name: Gannon University

First Name: Julie

Last Name: Srnka

Job Title: Assistant Director of Student Development Programs

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The new recommended Dietary Guidelines for alcohol which increase daily maximums to 4 for men and 3 for women is very troubling as it will likely create a new social norm for people which can be quite detrimental to their health and society in general. Those levels of drinking are quite close to defined "binge drinking" and will result in increased BAC's in individuals. If those individuals then drive after drinking, the increase in DUI incidents will surely follow. Considering all the problems that drinking causes in people's lives, increasing the daily guidelines is dangerous and will only increase the negative consequences of alcohol consumption. Please reconsider leaving the guidelines for moderate drinking at the level of 2 per day for men and 1 per day for women. Thank you.

Comment ID: 001479

Submission Date: 07/09/2010

Organization Type: Educational Institution

Organization Name: University of Wisconsin, Department of Family Medicine

First Name: Aleksandra

Last Name: Zgierska

Job Title: physician, Assistant Professor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a family physician and an addiction medicine specialist, I am deeply disturbed by the proposed changes to guidelines on daily drinking limits of alcohol.

The real-world effect of the proposed new alcohol guidelines would likely be to encourage EVEN greater daily consumption of alcohol, discourage appropriate caution about using alcohol for health benefits, and open the door for the alcohol industry to misrepresent federal alcohol consumption guidelines to consumers.

As an alcohol researcher, my concerns are supported by research findings. There is a huge body of evidence on harmful effects of alcohol, and alcohol is one of the top 3 leading causes of death in the US (and world-wide). It is a common knowledge that alcoholism is one of the most devastating and difficult to treat diseases, with relapse rates reaching up to 60% at 1 year, in spite of best, evidence-based therapies. On the other hand, there is NO rigorous evidence on long-term effects of "moderate" drinking (in the level

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Key Topic: Alcoholic Beverages

proposed) that would justify these new guidelines.

In summary, as a physician, researcher and an individual (who lives in Wisconsin - one of the "top" drinking states!), I do not understand where the rationale came from to support these proposed changes. I am hoping the USDA will reconsider their position and does not implement these changes.

Comment ID: 001485

Submission Date: 07/09/2010

Organization Type: Educational Institution

Organization Name: SUNY Oneonta

First Name: Rebecca

Last Name: Harrington

Job Title: Health Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I would really encourage the board to think about removing anything about alcohol use in the dietary guidelines. There is nothing in alcohol that the body needs. (If its in wine it's in grapes, etc.).

Alcohol inhibits the body's ability to absorb the nutrients in the other foods we want Americans to include in their diets. Additionally there should be no encouragement from the govt for people to consume any amount of an addictive substance. The only people who are going to "take the advice" of drinking a drink everyday are the people who are alcoholics.

Take a look at the numbers, 20% of the population consumes 80% of the alcohol sold in the US.

This is just a ploy from the alcohol industry who actually has paid lobbyists.

How about this, everyday you eat at least 5 servings of fresh fruit or vegetables you can have an alcoholic beverage. That would actually maybe make some people healthier.

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001513

Submission Date: 07/09/2010

Organization Type: Educational Institution

Organization Name: University of Connecticut School of Medicine

First Name: John

Last Name: Higgins-Biddle

Job Title: Retired

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Please see attached MS Word document for my questions and suggestions.

Comment ID: 001542

Submission Date: 07/09/2010

Organization Type: Educational Institution

Organization Name: Metropolitan State University

First Name: Deborah

Last Name: Mosby

Job Title: Faculty, Advisor, Licensed Drug Counselor, Certified Prevention Professional

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Dear folks at the USDA,
I write to you to ask that you please re-consider your recommendations on the alcohol quota for healthy consumption. I wondered when I first read the article, who you had consulted with before making this decision. I am aware of the powerful "hospitality" lobby in our country who want to sell people their alcoholic products. I wondered if you had consulted with anyone in the field of Addiction or who specializes in the treatment of other diseases caused by the use of alcohol.

Alcohol is the cause of most chemical dependency in our country. It is already widely thought by our citizenry that 1-2 drinks per day is good for you. That is so wrong! and it is the excuse that heavy drinkers like to use when confronted about their drinking. If you would consider reading "Uppers, Downers, All-Arounders" by Inaba, or the "Drug Primer" by Julian, you would find that a regular intake of alcohol by even healthy non-addictive people can be dangerous. There is a direct correlation with several kinds of cancer and cardio-vascular disease. There are more drinkers in this country already, than non-drinkers. It is becoming more and more difficult to find social gatherings to attend that are not sponsored by companies who make alcoholic beverages. Our children's role-models are increasingly found to have a beer in their hand, or a glass of wine. or a jigger of Captain Morgan. I have worked with young people for over 20 years in the field of prevention. What you do in this case will affect millions more kids to come as far as the decisions they make regarding taking their first drink, driving while intoxicated, or drinking 21 shots of liquor at their 21st birthday party.

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Please consider all of these factors as you open the door for the marketing of this chemically addictive substance to our children, to say nothing of the adult population. Thank you for your consideration.

Sincerely,

Deborah L. Mosby, MS, LADC, CPP
Faculty, Metropolitan State University

Comment ID: 001557

Submission Date: 07/09/2010

Organization Type: Educational Institution

Organization Name: Boston University School of Public Health

First Name: Jason

Last Name: Blanchette

Job Title: Graduate Student

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Your New Dietary Guidelines suggests to Americans that increased alcohol consumption is safe and beneficial, but does not highlight risks or warn Americans against heavy drinking. This suggestion to Americans is unethical because there are zero public health clinical trials to demonstrate that alcohol actually causes the benefits that have been identified in observational studies. You do not have substantial evidence to support the alcohol recommendations you are making in these current guidelines, and therefore are putting American lives at risk and are putting yourselves at risk for a lawsuit. Also of concern regarding your alcohol recommendations which encourage increased alcohol consumption is that teen drinking and adult alcohol patterns are correlated [1]. Over 5,000 people under the age of 21 die annually in the U.S. from alcohol related injuries [2]. It is important for the safety and well-being of our nation's youth that we encourage adults to role model safer alcohol consumption, which should highlight caution with alcohol. Teenage drinking is associated with developing substance dependence, contracting a sexually transmitted disease, being arrested for a crime, and becoming pregnant early in life [3]. We need our American adults to recognize the risks associated with alcohol so they can properly teach our youth of the risks, but your guidelines misinform our adults that alcohol consumption is safe and should be increased.

[1] Nelson, D.E., Naimi T.S., Brewer R.D., Nelson H.A. State Alcohol-Use Estimates Among Youth and Adults, 1993-2005. Am J Prev Med. 2009; 36(3):218-224.

[2] NIAAA. (2006). Why Do Adolescents Drink, What Are the Risks, and How Can Underage Drinking Be Prevented? Alcohol Alert: Number 67.

[3] Odgers C.L., Avshalom C., Nagin D.S., et. al. (2008). Is it important to prevent early exposure to drugs and alcohol among adolescents? Psychological Science. 19(10). and alcohol among adolescents? Psychological Science. 19(10).

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001564

Submission Date: 07/10/2010

Organization Type: Educational Institution

Organization Name: California Center for Youth Development and Health Promotion

First Name: Jim

Last Name: Kooler

Job Title: Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I encourage you to not open the door for the alcohol industry to misrepresent any potential benefit of alcohol consumption. Promoting an appropriate level of alcohol use will create an environment even more conducive to consumption than we have today.

Comment ID: 001622

Submission Date: 07/12/2010

Organization Type: Educational Institution

Organization Name: University of Michigan

First Name: Robert

Last Name: Winfield, MD

Job Title: Chief Health Officer and Director University Health Service

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I believe the increase in the definition of moderate drinking is detrimental to the well being of the public and should be reviewed. I think it is best to leave it as 2/1.

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001624

Submission Date: 07/12/2010

Organization Type: Educational Institution

Organization Name: Kansans for Addiction Prevention

First Name: R

Last Name: Brooks

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: It appears that to recommend 4 drinks a day promotes drunkenness and alcoholism rather than good health. 5 drinks you say is a binge. Hold to the daily limits of the 2005 guideline.

Comment ID: 001642

Submission Date: 07/12/2010

Organization Type: Educational Institution

Organization Name: Mendez Foundation

First Name: Theresa

Last Name: Holden

Job Title: prevention specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The new proposed alcohol consumption guidelines are way off-base. Anything that comes close to an endorsement of 4 drinks a day for men and 3 drinks a day for women being "moderate" and therefore healthy is dangerous. Anyone who has consumed alcohol knows that 4 drinks will impair most men and 3 drinks impairs most women to the point of slowed brain function and lowered decision-making. Personally, I enjoy a glass of wine or two myself, but I know that 3 glasses is just too much. Please keep the current guidelines in place: moderate consumption meaning 2 drinks a day for men and 1 for women, on average.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001726

Submission Date: 07/12/2010

Organization Type: Educational Institution

Organization Name: University of Missouri-Kansas City

First Name: Dalenette

Last Name: Voigt-Catlin

Job Title: Alcohol & Drug Program Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I have just read about the new proposed dietary guidelines for alcohol consumption and ask that the Committee revise the report and guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption. I work with college students and fear that the proposed report and guidelines would influence these young adults to justify drinking even more often and have more drinks per drinking episode. Clear, straightforward, information and messages are needed. Please maintain maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comment ID: 001792

Submission Date: 07/13/2010

Organization Type: Educational Institution

Organization Name: Michigan State University COLlege of Human Medicine

First Name: Elizabeth

Last Name: Alexander, M.D, M.S.

Job Title: Professor, Family Medicine and University Physician (chief health officer for the Institution)

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am strongly opposed to the proposed new guidelines loosening the recommendations about dietary alcohol. Alcohol abuse is a significant cause of morbidity and mortality in this country, and I do not believe the USDA is qualified to provide evidence based rigor on this topic, plus they have a vested interest in encouraging people to drink more alcoholic beverages. It is not best for the public health of this country's citizens to "normalize" and increased drinking amount...I'd be much more comfortable with NIMH or NAAIA providing this guidance as they and we in health care see the down side all the time. People do not need to be encouraged to drink more than they already are drinking.

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001809

Submission Date: 07/13/2010

Organization Type: Educational Institution

Organization Name: University of New Mexico

First Name: Jill

Last Name: Yeagley

Job Title: Manager of Prevention Programs

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I urge you to maintain the current guidelines for alcohol which recommend no more than one drink per day for women and two for men. Because most people are not daily drinkers, the new wording would effectively increase the "approved" amounts to 4 drinks/occasion for men and 3/occasion for women - levels that are just below what is considered binge or high-risk drinking. Years of experience working with alcoholics and college student drinkers tells me this definition will place more individuals in risky alcohol-involved situations when they "drink a little more" than recommended. I also strongly urge you to avoid any language suggestive of positive health effects related to moderate consumption. This doesn't belong in any government-set dietary guidelines until such effects are clearly found in a series of randomized, controlled studies.
Thank you.

Comment ID: 001823

Submission Date: 07/13/2010

Organization Type: Educational Institution

Organization Name: Center For Family Medicine

First Name: Roger

Last Name: Shewmake, PhD, LN

Job Title: Professor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The Dietary Guideline's Advisory Committee propose a change to the current alcohol guideline that defines moderation in terms of the average number of drinks consumed per day and per week in addition to the current weekly limits. The recommendation would be of no more than 1 drink for women and 2 drinks for men (with no more than 3 drinks for women and no more than 4 drinks for men in any single day), and a weekly average of no more than 7 drinks for women and 14 drinks for men. The Advisory Report indicates this approach is supported by the scientific literature and indicates, as a practical matter, that the daily and weekly averages may be more useful advice for most consumers, because most Americans do not drink alcohol every day. Furthermore, these recommendations are now more consistent with the recommendations of other United States Agencies, such as the National Institute on Alcohol Abuse and Alcohol.
The Standard drink information on the NIAAA site is helpful. The site clearly defines a standard drink to be able to follow government recommendations for moderate drinking.

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Research shows that communicating about standard drinks will help consumers know how to follow the alcohol guideline. As is consistent with the Dietary Guideline, The NIAAA defines a "standard drink" as about 12 fluid ounces of regular beer (5 percent alcohol), or 5 fluid ounces of wine (12 percent), or 1.5 fluid ounces of 80 proof distilled spirits (40 percent alcohol), but it also includes the amount of alcohol in a standard drink (0.6 fluid ounces or 14 grams of "pure" alcohol). Perhaps the clearest definition of standard drink would be: a standard drink is defined as 12 fluid ounces of regular beer (5 percent alcohol), or 5 fluid ounces of wine (12 percent), or 1.5 fluid ounces of 80-proof distilled spirits (40 percent alcohol). Each standard drink contains 0.6 fluid ounces of alcohol.

Comment ID: 001852

Submission Date: 07/14/2010

Organization Type: Educational Institution

Organization Name: Hobart and William Smith Colleges

First Name: David

Last Name: Diana

Job Title: Associate Dean of Wellness

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: the recent recommendation to increase the dietary intake of alcohol from one drink per day for women and two drinks per day for men is alarming. There is mixed review on the nutritional value of alcohol, but research continues to show the more alcohol men and woman consume only adds additional health risks. I am not in favor of changing the dietary consumption of alcohol for men and woman and believe the one drink per day for woman and two drinks per day for men is adequate.

Comment ID: 001957

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Boston University/Boston Medical Center

First Name: Timothy

Last Name: Naimi

Job Title: physician

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The alcohol section of the new Dietary Guidelines Advisory Committee report would represent a radical departure from the 2005 Dietary Guidelines if its conclusions are reflected in the final Dietary Guideline for alcohol. The proposed increase in daily drinking guidelines that would be defined as "moderate" drinking, the lack of randomized studies on the health effects of alcohol consumption, and potentially dangerous public health messages are some of the reasons these proposed changes are concerning.

The Dietary Guidelines are meant to delineate the safest way to drink among those who already drink, and drinking 4 drinks for men and 3 drinks, while not generally pathologic,

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Key Topic: Alcoholic Beverages

is not a safe or desirable way to drink and represents a tripling of the daily guideline for men and a doubling of the daily guideline for women. Overall, the proposed change is a prescription for ill health and adverse social consequences.

Comment ID: 001970

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name:

First Name: Theresa

Last Name: Phillips

Job Title: Family & Consumer Sciences Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The Dietary Guidelines should represent the ideal. Alcohol consumption should not be included at all. As a teacher I know it sends the wrong message to our young people. I used to be able to just leave off when I taught, but now that so much is done with your program on the Internet, it's not possible and even Middle School children are using it as evidence that it's ok to drink. There's enough media sending them the message that it's ok to drink, we need to set a better example.

Comment ID: 002008

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Dear Colleagues:

I commend you for your science based approach as you consider revising the Dietary Guidelines for Americans.

Join Together and the Marin Institute have each sent two mass mailings to orchestrate a public pressure campaign against any changes in the existing guidelines regarding alcohol. Suggested talking points, which they elaborate, include:

"Shift from Daily to Average Consumption Guidelines,"

"Studies of 'Moderate' Drinking are Seriously Flawed," and

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"Alcohol Industry Misuse of Public Health Recommendations."

The Marin Institute urges that "the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively."

It appears that a large proportion of comments submitted to you are a result of this campaign. Indeed, many of the commentators have lifted materials verbatim from the campaign's talking points.

I urge you not to be influenced by the organized public pressure campaign promoted by Join Together and the Marin Institute.

I have spent over 40 years as an alcohol researcher and educator and believe that to promote moderation among those who drink it's important that they understand that a standard drink consists of 12 ounces of regular beer, five ounces of wine and 1.5 ounces of 80 proof distilled spirits and that each contains an equivalent amount of alcohol.

Thank you for your consideration.

Respectfully,

David J. Hanson, Ph.D.
Professor Emeritus of Sociology
State University of New York, Potsdam
112 Breckenridge Place
Chapel Hill, NC 27514

Comment ID: 002156

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Boynton Health Service University of Minnesota

First Name: Edward

Last Name: Ehlinger

Job Title: Director and Chief Health Officer

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The data contained in your background report do not support any benefits for drinking more than 1 or 2 drinks per day. The evidence shows that the problems caused by alcohol in almost every category increase when intake is 3 drinks or above. The data suggest that the current guidelines best support the benefits of moderate drinking while discouraging harmful drinking. Trying to discourage daily drinking by allowing higher levels of drinking on other days is not supported by the data.

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001994

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Southern Adventist University

First Name: David

Last Name: Ekkens

Job Title: Preofessor, Biology

Key Topic: Alcoholic Beverages, Carbohydrates, Eating Patterns

Sub Topic: Added sugars

Attachment: Y

Comment: It is sad to see this report that is so heavily biased in favor of the meat, diary, fishing and egg industries and so heavily biased against the health of Americans. Literally tons of evidence has accumulated showing the BIG benefits of a plant-based, whole food diet but it is not politically correct to say that.
Some of the recommendations in this report are misleading and downright dangerous. It is unforgivable for your esteemed committee to tell people it is OK to drink in order to gain a small cardiac benefit when alcohol use so significantly (negatively) impacts the lives of Americans. You will cause untold suffering.
The diet you are recommending in this report is what is killing Americans (on average ten years early) and costing the huge "health care" price we are paying.

Comment ID: 001051

Submission Date: 06/18/2010

Organization Type: Educational Institution

Organization Name: Charleston Area Medical Center

First Name: Susan

Last Name: Poindexter

Job Title: Nutrition and Diabetes Educator

Key Topic: Alcoholic Beverages, Carbohydrates, Energy Balance/Physical Activity, Fats

Sub Topic: Glycemic index, Saturated fatty acids, Trans fatty acids, Weight loss, Whole grains

Attachment: N

Comment: Stronger advice warranted against use of alcohol.
Stronger advice to use carbohydrate containing food as close as possible to natural state - i.e. whole grains, un sugared fruits, vegetables.
Stronger advice to avoid trans fat.
Stronger encouragement of plant based diet.
Stronger recommendation to make all grains consumed whole grains.
Stronger message to eat less, move more.

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001738

Submission Date: 07/12/2010

Organization Type: Federal Agency

Organization Name: WNC DWI TREATMENT SERVICES

First Name: YVONNE

Last Name: GILBERT

Job Title: CLINICAL SUPERVISOR, SUBSTANCE ABUSE

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: i've read "Part D. Sec.7: Alcohol "and cannot add anything new however, I do not see any comments or mention of the effects psychologically, neurochemically, spiritually not to mention the devastation to families, to the innocent victims- children.Nothing was mentioned about the direct correlation to Domestic Violence, Rape, Homicide and Suicide. How do we justify "offering poison" , a contaminate that destroys irregardless of gender, age, social status,or ethnicity? When we begin to alter and modify the image of anything destructive we usually open the "flood gates" for controversy and pseudo-intellectualizing to justify abuse and dependency. Lowering the age of consent, does not change the effects upon the individual other than offering a greater degree of personal degregation and risk to life, indirectly giving "permission" . Before lowering the age of consent, why not raise the age that one is legally adult, with all the benefits that come with the status or can enter the military. At eighteen, the brain is not fully matured irregardless of "intellectual capacity" . Can we not give our nations youth at least a chance to grow and mature into a healthy emotionally mature adult before be let him/her begin to "self-destruct"?

Comment ID: 001739

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Andrew

Last Name: Perry

Job Title: Physician

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a primary care internal medicine practitioner who treats a good amount of substance abuse in my daily practice, I am very concerned about your softening of alcohol intake guidelines. To allow that drinking up to 3 or 4 alcoholic beverages in one day may not be detrimental to ones health is a dangerous change in your policy. I struggle daily in my work to explain the dangers of excessive alcohol use, and for the FDA to soften their guidelines is extremely undercutting to my efforts. I strongly urge you to return to your previous guidelines on this matter.

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001740

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Doug

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: For our government to take any pro-alcohol stand is so hypocritical as to be beyond reason. I have worked in addictions treatment for 22 years and by far the most common substance of concern or drug of choice is alcohol. Impaired driving, domestic violence, sexual assaults, and other crimes are often fueled by alcohol. Not only is the war on drugs a failure, I have to pay even more taxes to subsidize alcohol consumption in the US even if I choose not to drink myself. The only thing I want the government to do about alcohol is to tax it sufficiently at the counter so I do not have to pay for my neighbors' self-inflicted wounds and the drunken damage done to our community by a few irresponsible drinkers. Stop promoting the interests of the alcohol lobby.

Comment ID: 001736

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Judy

Last Name: Casner

Job Title: Business Owner

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: July 10, 2010 the headlines of the Wichita Eagle read, "DUI fatalities jump in first half of year". May your recommendation for the USDA Health advice please limit the amount of alcohol consumed be less than it has been. Alcohol is a killer. Alcohol is very addictive. Alcohol not only effects behavior, but ask the "liver" about alcohol consumption. Please recommend less consumption! Thank you

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001733

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Leroy

Last Name: Pletten

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: In the new guidelines, please note that tobacco is the starter drug, thus that alcoholism is statistically disproportionately though not wholly a result of tobacco use. The latter causes pain, and alcohol is a pain antidote. Thus solutions to alcoholism -- an issue that may be raised against your new guidelines -- are not best directed against them, but against tobacco. For multiple references, see <http://medicolegal.tripod.com/preventalcoholism.htm>

Comment ID: 001717

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Shannon

Last Name: Rozell

Job Title: Outreach

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I can think of zero benefits to changing the recommendations from daily consumption to weekly consumption. People suffering from addiction or participating in abuse of alcohol seek ways to justify increasing use. Keep it simple. Daily recommendations and with caution. Bundling daily consumption into a weekly tally encourages binge drinking. Binge drinking encourages abuse, abuse encourages addiction. Let us not be encourage-able.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001720

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title: Substance Abuse Prevention Specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The Advisory Committee is recommending an average (weekly) rather than daily consumption guideline, a change that concerns many public health experts.

The probable effect of the proposed new guidelines would be to encourage greater daily drinking, discourage appropriate caution about using alcohol for health benefits, and open the door for the alcohol industry to misrepresent the guidelines to consumers in an effort to sell even more of their product.

I hope that the committee will reconsider this recommendation and do what is in the best interest of the public's health. There is absolutely no reason to change the current recommendations and a lot of good reasons to not change them.

Comment ID: 001722

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lynn

Last Name: Shigekawa

Job Title: Coordinator of Friendswood Alliance for Youth and Families

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am opposed to any change in the dietary guidelines regarding alcohol consumption that would tend to change norms to make more consumption more acceptable. Please do not revise guidelines to increase the consumption rating for "moderate" drinking. This will have a devastatingly negative affect on our society that is already overly dependent on alcohol.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001757

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Virginia

Last Name: Kornfeld

Job Title: Licensed Clinical Social Worker

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: First of all, I must be missing something: is any other DRUG included in dietary guidelines? As to the dietary merit of alcohol, I would believe these are empty calories and should be recommended in extreme moderation. For the vast majority of people, any potential positive impact on health is far outweighed by potential damage.

Comment ID: 001764

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jay

Last Name: Pedelty

Job Title: Certified Prevention specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Problematic alcohol use or the use of any mood altering substance is simply a matter of perceived benefit and availability. The proposed new guidelines increase perceived benefit out of proportion to the actual benefits versus the actual risks. The World Health Organization attributes one out of every 25 deaths in the world to alcohol. Talk about chronic health problems!

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001774

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: William

Last Name: Mims

Job Title: Substance Abuse Counselor II

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a Substance Abuse Counselor with several years' experience, I have witnessed the devastation that drinking alcohol at a "moderate" level can visit upon individuals, family, and society. The proposed new guidelines would condone such "moderate" drinking, in my view, and would thus place the USDA in the position of sanctioning a behavior which we in the substance abuse field face as a disaster on a regular basis.
If the drinking guidelines are to be changed, I strongly urge them to be tightened, rather than loosened, as this proposal would do.

Comment ID: 001775

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name: Alcohol & Drug Abuse Certification Board of GA, Inc.

First Name: Jane

Last Name: Furtner

Job Title: President

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Dietary guidelines based on "weekly" consumption would give rationalization for men of once-a-week binges of 14 drinks, enough to cause serious impairment. For women, 7 drinks would also be excessive.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001777

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name: Youth Connections

First Name: Kris

Last Name: Minard

Job Title: Prevention Specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Advice from an average, every day American. Do not change the current recommended daily consumption of alcohol guidelines. We do not need to SUPERSIZE alcohol, as we have everything else.

Stick with one drink for women and two drinks for men daily....period. Adding no more than 4 drinks for men and 3 for women on any given day simply opens the door to "government endorsed" binge drinking.

There may be a fine line between moderate and excessive drinking, but the difference in health benefits/costs are staggering. We do not need to encourage today's moderate drinkers to drink more. We hear our teens touting the health benefits of alcohol consumption today, they don't need any more encouragement to drink. They took that research and ran with it. What will they do with this?

The cynic in me suspects this new guideline recommendation can be traced back to the alcohol industry. Please assure me it cannot.

Keep the guidelines simple, easy to understand and keep them healthy. Don't change them.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001778

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Sarah

Last Name: McGuire

Job Title: Human Resources / Development Specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Can you not suggest changing the Food Pyramid portions of grapes / hops instead of increasing the amount of alcohol consumption? These recommended changes in alcohol consumption will give the public an unneeded reason to get inebriated. Alcohol is NOT a food group! It is a mind altering DRUG costing America in lives and money! Please reconsider.

Comment ID: 001783

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name: Lakewood Hospital

First Name: Karen

Last Name: Salamon

Job Title: Substance abuse prevention, Recreational Therapist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I work on a physical rehabilitation unit at Lakewood Hospital. Every day I discuss patient's alcohol use and abuse with them and how it may have effected their health negatively. Many patients are poorly educated on the way alcohol effects every organ in your body including their brain, liver, and heart. Encouraging daily use of alcohol only will increase the likelihood of abuse. Our hospital and society is educating patients in a healthy lifestyle and wellness model to decrease health care cost and focusing on a healthier population. Please reconsider a recommendation for alcohol use at 1-2 alcohol drinks per week. Thus decreasing drunk driving, and many diseases related to alcohol use.
Sincerely, Karen Salamon

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001853

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name: The Women's Treatment Center of Bermuda

First Name: Angria

Last Name: Bassett

Job Title: Program Manager

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Thanks for the opportunity to share my comments.

Based on my experience working in the field of Nursing, and substance abuse prevention and treatment, I am amazed that this committee would consider releasing this guideline for use of alcohol not only on the USA, but as leaders in nutritional research and resource ;on the entire world.

Is there not enough evidence of the dangers of alcohol? As it is still very much a legal drug which needs no prescription and is still pretty loosely controlled.

So at this time, this committee seeks to make alcohol a dietary supplement? What is it replacing in the body? Alcohol deficiency?

According to the report, alcohol related deaths tops 90,000 and alcohol related health benefits about 26,000. Why not then regulate alcohol for the health benefits? Let the physicians prescribe "brandy" or what ever to those who need "alcohol supplementation"

Where is the Committee placing alcohol on the Food Pyramid? It seem to me that up to 4 drinks daily for women and up to seven drinks daily for men should be placed right along with Carbohydrates or fruits and veggies .

Please understand that many people will think that it is okay to drink up to (21 / week) women and 28 drinks / week) men.

Please consider that an increase in limit will send the wrong message to those millions of people who are not able to control their intake of alcohol.

Thanks.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001848

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: David

Last Name: Grams

Job Title: Retired teacher/minister/health educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I realize that Big Alcohol has an inordinate number of arm twisters in high places; but from a century and more of research, any "guideline" from you that perceptibly lessens the onerous character of a legal recreational drug is a national tragedy in the making...

Among many notable findings, just five minutes on Columbia Universities drug and alcohol web site would prompt most responsible health educators to enthusiastically "shame" alcohol consumption rather than "making a deal with the devil" that widens the perception of acceptance and leniency.

Comment ID: 001850

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Gurminder

Last Name: Hothi

Job Title: CDP

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: To whom it may concern:

I wanted to comment on the proposed new dietary guidelines for Americans from the USDA. The increase of average daily intake of alcohol is based on misinformation. The statistics that have been gathered showing little to no negative effect with the amount of alcohol that is currently consumed and the potential health risks may not reflect an accurate picture of the actual alcohol that is ingested by Americans. People who drink alcoholic beverages are less likely to disclose the correct number of drinks they have consumed. What often times happens is an under-reporting of the amount of alcoholic beverages consumed. The self-survey method of data collection is the weakest form of scientific inquiry. Please consider this and other risks of raising the average dietary guidelines for American alcohol consumption.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Thank you for your time and consideration.

Gurminder (Gary) Hothi, CDP
206-850-6521

Comment ID: 001855

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name: Department of Family Medicine, University of TN

First Name: Jane

Last Name: White

Job Title: Emeritus Professor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Support for expanding the current alcohol guideline that defines moderation to include the average number of drinks consumed per day and per week in addition to the current individual daily limits.

Comment ID: 001856

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Asher

Last Name: Hockett

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The cost of alcohol abuse in our country is already staggering. It is our LEGAL drug, and that status allows unrestrained access to it by a large segment of the population for which its abuse is a norm.

Increasing the recommended amount for consumption can only exacerbate such abuse and the cost for all of us, in terms of both quality of life and dollars, can be expected to

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

increase. It is something we can ill afford.

Comment ID: 001834

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Leah

Last Name: Frazer

Job Title: --

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: 4 drinks per day, 3 times a week for men and 3 drinks per day, twice a week for women has in the past been considered "moderate" drinking. I feel the new guidelines pose serious risks to the general public and should not be recommended by an agency concerned about public health. Health benefits from drinking alcohol is questionable, when every organ of the body is adversely affected by alcohol consumption.

Comment ID: 001836

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: lynne

Last Name: thomas

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: New proposed guidelines for consumption send the wrong message. 14 drinks on a bad day might average to 2/day but it is not OK.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001837

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Ma;ry

Last Name: McFarland

Job Title: Retired teacher

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: It seems to be unwise to change the number of daily servings of alcohol. If anything the number should be reduced. Alcohol is the main cause of a number of highway accidents now. Why have the daily servings raised to be near the amount of those who "binge"drink? Alcohol only causes emotional, financial problems among others. Many relationships have been ruined because of alcohol. Please limit its use!

Comment ID: 001843

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Pamela

Last Name: Schultrz

Job Title: RN

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Under the proposed more liberal rule, the potential or actual alcoholic will see the higher amounts for men and women as safe, and will be less inclined to seek help if and when it becomes a problem.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001813

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Susan

Last Name:

Job Title: Probation Officer

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: My caseload of probationers is about 80-90% substance abusers, regardless of the conviction. The idea of including ANY alcohol in the 2010 Dietary Guidelines is absurd! Alcohol is the most abused drug in the United States, perhaps in the world. There are few people who would benefit from consuming alcohol and way too many who would be harmed - not only them, but the communities they live in - DWI, robbery, burglary, illegal drugs, are all related to problematic consumption of alcohol. Please reconsider and remove any mention of alcoholic beverages from the dietary guidelines now under review.

Comment ID: 001793

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lee

Last Name: Spiegel

Job Title: Coalition Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Changes to the suggested guidelines for moderate alcohol consumption:

With the federal government's move toward evidenced based programming and data driven requirements for its grants, I am somewhat astounded at the recommendations for changes in the suggested average alcohol consumption guidelines. With absolutely no clinical or randomized controlled trials to base these changes on, they would move the designated ?moderate? drinking per day to within one drink of what is generally considered binge drinking. There is on the other hand evidence to demonstrate that binge drinking is harmful. As there is no data to show the impact of this proposed change, there is no compelling or positive evidence that would support changing the current recommendations. Please leave the recommended alcohol averages as they are currently written until there is peer reviewed data to recommend otherwise.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001791

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: L.

Last Name: Leslie

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I urge you to keep daily consumption recommendations regarding alcohol consumption rather than the draft recommendation of average weekly consumption. The proposed change to recommendations of average weekly consumption will create harm to public health because men will believe it is okay to drink up to 4 drinks and women will believe it is okay to 3 drinks on days that they consume alcohol. These quantities of alcohol consumption will harm public health.

The health benefits of moderate drinking have not been determined by controlled independent trials, so your new guidelines will encourage drinkers to abandon caution about using alcohol for health benefits. There is confusion about what is moderate drinking.

The health risk of alcohol consumption is clear. Alcohol is the 3rd leading preventable cause of death in the U.S.

If you make recommendations concerning average weekly consumption rather than daily consumption, the alcohol industry will have a greater opportunity to mislead the public about the federal alcohol consumption guidelines - all to the detriment of public health and safety.

I urge you to issue guidelines that will clarify the recommended daily maximums of alcohol consumption, as presently exist in the guidelines.

Thank you,

L. Leslie

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001804

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Paula

Last Name: Michaud

Job Title: Professor at Villanova University

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: What are you crazy? Most people who become alcoholics start with binge drinking. Making a standard of 4/3 just encourages problem drinking. Stick with the 2005 standard of 2 for me and 1 for women. Alcohol is the number 1 problem drug in America, and in spite of this, we supposed to encourage more drinking? What is the liquor lobby even more active these days? Binge drinking is a huge problem on college campuses where we're training the leaders of tomorrow. Get real.

Comment ID: 001805

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Esther

Last Name: Wanning

Job Title: Marriage and Family Therapist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I cannot see how 4 drinks/men or 3 drinks/women could be considered moderate drinking should they happen to occur on the same day. Those are disabling amounts. Also, your report seems confused as to the distinction between "association" and "cause" and glides from one to the other. There are differences between non-drinkers and drinkers, other than the amounts they drink. There are also alternatives to drinking that mitigate the benefits of drinking. To make drinking sound like an imperative is unwise and unscientific.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001643

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Annie R.

Last Name: Hancock

Job Title: S.A. Prevention Project Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not change number of drinks for healthy consumption. Thank you

Comment ID: 001645

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Henry

Last Name: Valles

Job Title: Health Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: There are many concerns i have regarding alcohol and dietary recommendations. First this an recessionay time when Americans are struggling to make ends meet.. Why would the USDA want to increase the dietary amount when American are tightening their belts to make end meet. Let's reduce the amount, 2/1 for males and females, and lessen the importance of alcohol as a dietary requirement. This enables the next generation to see drinking as an option, not a necessity when socializing..

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001637

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: New Mexico Dept. of Health/Public Health Division

First Name: Patrick

Last Name: Stafford

Job Title: Health Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The proposed changes to dietary guidelines on alcohol consumption are seriously flawed and should NOT be adopted. The consumption of an average of four alcoholic beverages per day is too toxic to livers and will result in increased liver disease. For the sake of the health of all Americans, please leave alcohol consumption guidelines as they are now. Thank you.

Comment ID: 001639

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: Addictions Treatment

First Name: Synovia

Last Name: Pettice

Job Title: Service Analyst

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: 7/12/10

My hopes is that both Governmental bodies, USDA and HHS, will allow the current recommended levels of alcohol consumption per day remain the same. That is 1 drink per day for women and 2 drinks per day for men. This is a safety measurement for drinking. Personally, I believe persons who choose to drink more are doing so and will continue to drink more without regard for the recommended level of drinking. Why should the government promote alcohol consumption beyond safe levels regardless of what the daily or average number of drinks which are consumed by men or women? Who stands to profit by this change? Certainly not the American people.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001640

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Courtney

Last Name: W

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am writing in regards to the new proposed law of increasing normal drinking. On Tuesday July 6th 2010 I buried my 44 year old mother who died after being in Hospice for 5 weeks, slowly dying due to no liver function due to her use of alcohol. I struggle with your encouraging people to drink more alcohol. It impacts so many more people than the people who drink it. As a Certified Alcohol and Drug Counselor I am aware that her harms so many people outside of my situation. Do you think my mom's obituary states she died from her use of alcohol? No! Of course it doesn't, that is not socially acceptable. With your new law, it could be socially acceptable to drink more each day?

Comment ID: 001626

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: Recovery & Prevention Resources

First Name: Janet

Last Name: Chandler

Job Title: Associate Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am writing to express grave concern about the proposed relaxation of alcohol consumption guidelines. Based on my professional experience, the new guidelines are likely to increase the tendency toward dangerous levels of drinking. They also will decrease the perception among the population, including young people, that alcohol consumption poses minimal risks. I strongly urge you to maintain the existing guidelines of daily 2/1 consumption for men and women.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001623

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Y

Last Name: W

Job Title: LCDC

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Send these guidelines to the families of people who have lost family members to drunk drivers, involuntary/voluntary manslaughter and all other alcohol related deaths or "accidents".

Comment ID: 001609

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name: Centerpoint Counseling and Recovery, LLC

First Name: Patricia

Last Name: Burton

Job Title: CASAC, MS

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The concept of suggesting that individuals look at alcohol consumption in this same manner is so backwards and harmful to all who understand the definition of alcoholism in different terms than this policy would state. It would allow for serious binge drinking and more denial by individuals who follow these guidelines. Please look seriously at the ramifications to the millions of individuals and families affected by such a regressive statement.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001586

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name: Anne M. Fletcher COmmunications

First Name: Anne

Last Name: Fletcher

Job Title: Health/Medical Journalist/AUthor/Registered Dietitian

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Leave the recommendations the way they are. To change them as proposed is confusing, may encourage binge drinking (whatever the recommendation is, people will exceed), and may give license to the alcoholic beverage industry to misconstrue the recommendations. The proposed changes may encourage people to consume at levels that are harmful to health and encourage driving under the influence.

Comment ID: 001588

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Karen

Last Name: Curry

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a community health nurse, I am deeply concerned that new guidelines which consider increased alcohol consumption to be safe, are very damaging to those who follow them. There are no randomized control studies that indicate any alcohol intake to be nutritionally sound or healthy. Living in a "college town" I frequently see the devastation that alcohol intake wreaks on the human body and community. Do not make any changes in the current alcohol intake recommendations.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001589

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Charles

Last Name: Walton

Job Title: Physician

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am astonished that there is even consideration for relaxing the existing alcohol intake guidelines. I am a physician and to my knowledge, I would never suggest a non-drinker should start drinking for health reasons. even moderate drinking by women causes increased risk of breast cancer. Fetal alcohol syndrome is the most preventable birth defect, but relaxing standards will encourage more women to drink than ever. There is no "safe" level of alcohol intake. Alcohol carries with it many health risks that are not offset by the possible cardiac benefits to men who drink "moderately". In addition, as an addictionologist, I can tell you that alcohol is a gateway drug to all other drugs of abuse. Again, there is no safe level of alcohol intake. To suggest there is is ludicrous.

Comment ID: 001590

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name: Soul Matters Ministsry

First Name: Anna

Last Name: Shouse

Job Title: Minister and Chemical Dependency Professional

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Increasing the amount of alcohol that can be safely drunk in the new guidelines is not based in research and given the great destruction alcohol already causes in the lives of so many in society at large is irresponsible. Do not increase these guidelines. Conduct valid studies. Alcohol does not have health benefits - it is a destroyer of health and of lives.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001591

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Dave

Last Name: Jansa

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The proposed increase in daily drinking guidelines that would be defined as "moderate" drinking will have negative public health results. The net effect of the proposed change amounts to an endorsement for most men to consume up to 4 drinks and for most women to consume up to 3 drinks on days they actually consume alcohol. Relaxing guidelines that might cause some to increase their drinking to these levels is neither safe nor desirable from a public health perspective. Drinking at these levels results in legal intoxication-levels for some, particularly women.

Studies confirm that drinking 4/3 drinks is associated with increased risk for unintentional injuries and daily consumption exceeding the current Dietary Guidelines is also associated with chronic disease outcomes such as hypertension and obesity.

The current Dietary Guidelines explicitly discourage anyone from beginning to drink or drinking more frequently on the basis of health considerations. Alcohol is a leading health hazard and recognized human carcinogen.

Alcohol is the third leading preventable cause of death in the U.S. and causes many deaths. In addition, there are risks associated with even low levels of consumption and others who begin to drink or who increase their consumption may encounter alcohol-related problems or end up drinking excessively. The proposed change to the Dietary Guidelines is a prescription for ill health and adverse social consequences.

The alcohol industry is having their way in this country and we are paying a huge price for their recklessness in the advertising and promotion of their products. Consumers are not even given basic ingredient and dietary information. Here is a product that we should all agree is extremely dangerous and addictive and yet is marketed and sold without health warnings or basic ingredient labels. Please do not further exacerbate the devastating alcohol related health issues we have in this country by sending the wrong message to consumers that trust in your judgment. You need to send messages that discourage alcohol consumption. Alcohol is a powerful addictive drug, not health food. Thank You.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001592

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name: Working Sobriety Chicago

First Name: Jeffrey

Last Name: Roth

Job Title: Medical Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Setting a standard for "safe" consumption of alcohol is as irrational as attempting to prohibit its consumption. Alcohol is a metabolic poison which is toxic to all organ systems. Alcohol has no nutritional value and has never been proven to have any medical benefit. Prior recommendations to abstain from using alcohol, or to be mindful of escalating use have been the most compassionate guidelines that could be offered. The guidelines as currently revised are designed to enable the next generation of alcoholics.

Comment ID: 001593

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name: RiverCrest Group Consulting

First Name: Elizabeth

Last Name: Risher

Job Title: CAC, SWT, CEAP,SAP

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a professional and a recovering Alcoholic (29 years) I am shocked to see the changes suggested in the amt of alcohol that can be consumed safely by men and women in a week. Would you recommend that smokers smoke 3 cigarettes a day. Of course not. You know it would not work. With the amount of people involved in alcohol related diseases, crimes, accidents, and drunk driving we should be very careful what we say is safe. No one I ever met measures the amt they drink by the FDA standards.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001602

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name: Midwest Labor Assistance Professionals

First Name: Joseph

Last Name: Kraus

Job Title: Labor Assistance Professional Certified

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please DO NOT change the nutritional requirements for alcoholic beverages. I'm a recovering alcoholic. I've seen enough damage, pain and suffering that alcohol causes. Denial is one of the cornerstones of this disease. I don't want to see ANY encouragement to cover up the deadly drug.

Comment ID: 001603

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name: Recovery Resources

First Name: Carrie

Last Name: Foley

Job Title: LCSW-Certified Drug/Alcohol Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a D/A counselor now specializing in treatment of DOC inmates with experience at all treatment levels, I strongly urge you to reconsider the recommendations and wording of the new alcohol guidelines, which will be almost certainly misinterpreted to recommend the use of alcohol for the treatment of chronic diseases. Alcohol is a drug--pure and simple. Reading of the new guidelines suggests that what is considered just sub-binge drinking is not harmful--current treatment standards for prevention at the level of first or second DUI conviction (Level 1 and Level 3) teaches that drinkers consume 2/1, never to consume more than 3 in any one week period. Drinking 4/3 on a 3X/week basis as the reading suggests as appropriate reaches just below binge-drinking level --on a regular basis. Use of BAC charts places 4 drinks (in 2 hrs) for a 180 # male and 3 drinks for a 120 # female at most states' level of impairment at which driving is dangerous, often fatal. Mental impairment and judgement suffer significantly at less than this amount. The recommendation as written fosters use of alcohol at a level which almost certainly will be used by those interests with a financial stake in promoting alcohol use to justify a higher level of consumption than is safe--especially for young drinkers whose abuse of alcohol and whose neurological development put them at risk for later abuse/dependence as well as physical danger. Surely no one would wish to promote the use of any other Rx or illegal psychoactive substance--or allow it to be considered innocuous at any level of use. It appears that sufficient attention is not paid to those who do not consume alcohol or use at very low levels, in terms of research on health risks/benefits. Once these recommendations are in place as an official guideline, it will be very difficult to return--it has been hard work on the part of researchers and treatment practitioners to teach harm

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

reduction, much less treat ETOH dependent users.

Comment ID: 001604

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nina

Last Name: Gaby APRN-PMH

Job Title: Clinical Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Change in guidelines, relaxing the ammounts for daily consumption, will likely result in misinterpretation, increased use, potential for abuse, dependence, increased medical problems and disregard for public education already in place.

Comment ID: 001606

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name: Living Ideas For Elder

First Name: Kira

Last Name: Reginato

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I just read the proposed guidelines for moderate drinking. I work with people over 65 and am appalled at the new recommendation. One drink can be too much with all the medication they take and the decreased metabolism functioning.

I, myself, am a healthy, 5' 6" tall woman at 140 pounds and a moderate drinker. Three drinks would make me drunk on any given occasion and I need to be careful with two! Don't give any extra permission to any group to use more alcohol! Do not change the current dietary guidelines. Thank you!

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001582

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name: Coalition

First Name: Catherine

Last Name: Flaherty

Job Title: volunteer status

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I have worked in the field of alcohol education, prevention, treatment, and family dynamics for twenty five years.

It may be possible for some men (depending on age) and some women (depending on age, weight, hormones, etc.) to drink the suggested amt. without serious consequences but we all know how much this amt. will harm most that begin to imbibe 3/4 drinks several times weekly. When will we begin to care about how many men, women, and children we lead down the road to alcoholism trying to keep foolish rules society sets calling the events 'social drinking'. I would hope lobbyist of the Alcohol Industry would take as their motto along with their bottom line what health educators everywhere promote, "Do no harm."

Any awake person can look around at events and recognize that drinking situations are more often than not out of control.

Comment ID: 001583

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Janet

Last Name: Baker

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The semantics of daily versus average weekly drinking is dangerous. Alcohol isn't metabolized weekly. A BAC based on the proposed new guidelines, assuming the drinks would be consumed in less than 4 hours, poses a health hazard on the roadways. Anyone looking for an excuse not to look at their drinking will be encouraged by these new guidelines. They can easily be interpreted to allow an increase in daily drinking, no small matter in this society and from where I sit, and misrepresentation of federal alcohol consumption guidelines to consumers. Adopting the new guidelines would be a shame.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001584

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Michael

Last Name: Thomason

Job Title: Surgeon-Trauma Center Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I provide care daily for individuals with serious and often fatal injuries resulting from falls, motor vehicle, bike, motorcycle, moped, ATV crashes, violence, etc, that frequently result from the use and abuse of alcohol. Official government recommendations that support higher acceptable use levels of alcoholic beverages will certainly cost more lives, not save or improve either individual or community health.

Comment ID: 001614

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Iorrain

Last Name: burgess

Job Title: certified substance abuse counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Adjusting the recommendations of consumption of alcohol in any direction other than REDUCING the recommended consumption is IRRESPONSIBLE for an agency that is charged with public health or safety. Do your homework.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001615

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Joy

Last Name: Thompson

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: recommending consumption of alcohol is a terrible idea. please do not increase or enhance your recommendations for alcohol consumption. it is a bad idea.

Comment ID: 001616

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name: None

First Name: Wil

Last Name: Blechman

Job Title: Retired Physician

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am not anti-alcohol, but I know the damage that alcohol can cause both before and after birth under present recommendations. I know of no research to warrant change. I worry at the public health impact the recommendations will have. The alcohol industry already seems to figure out ways to promote sales. We should not make their job easier by playing games with numbers that have no basis in evidence.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001617

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Joan

Last Name: Zweben

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am mystified by the proposal to revise the current Dietary Guidelines to increase the levels of alcohol consumption in men and women. Alcohol is now the third leading cause of preventable deaths in this country, and alcohol problems are dose-related. The new proposed levels could easily result in blood alcohol levels indicating impairment in people who believe they are drinking ?moderately.? Alcohol is associated with a variety of health risks, including cancer, obesity, and hypertension, and with increased risk of injury and violence.

In my clinical practice, I have observed that alcohol appears to exacerbate depression in women who are prone to it, even at moderate levels of consumption.

In the absence of random assignment studies or other means of studying the potential harms of these new guidelines, I see no reason to increase the recommended amounts ? except, of course, to augment the profits of the industry.

Comment ID: 001618

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Heidi

Last Name: Rodrick

Job Title: Program Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not change the alcohol consumption guidelines. It's bad enough that people refer to the guidelines now in order to justify excessive drinking. If you change the guidelines to the new proposed average rate, our society will suffer the consequences of excessive, binge drinking. The alcohol retailers will play with the guidelines to benefit

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

their cash bottom line and children, families and society as a whole will suffer with increased alcohol related car crashes, domestic violence, accidental falls, injuries and increased medical bills. There is no scientific evidence that justifies this change, so please do not change the alcohol consumption guidelines.

Comment ID: 001619

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: C.A.S., Inc.

First Name: Michael

Last Name: Wager

Job Title: Psychologist & Addictionologist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I agree with weekly consumption rather than daily. This is much safer and sends the message that daily use is dangerous and unhealthy (which it is!).

Comment ID: 001620

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jane

Last Name: Byrnes

Job Title: Consultant Dietitian

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not encourage alcohol consumption. The concept of moderation is impossible to convey to consumers accurately. Currently half of all alcohol--beer, wine, etc.--is consumed immoderately. Of course that alcohol consumption is unhealthy, unwise and often detrimental to others' health through violent behavior, accidents and money used for other purposes.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001657

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: Wolfgang Associates, Inc.

First Name: Jana

Last Name: Wolfgang

Job Title: President

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I disagree with the revision of the guidelines for alcohol consumption. The population I serve (construction workers) would not understand the different between an average and daily use. I am afraid the public would consider the new average consumption to be a baseline, which they could increase on weekends and special occasions. Please reconsider this change.

Comment ID: 001663

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not change the current recommendations for alcohol consumption. The proposed change amounts to an endorsement for most men to consume up to 4 drinks and for most women to consume up to 3 drinks on days they actually consume alcohol. The proposed new alcohol guidelines would encourage greater daily consumption of alcohol, discourage appropriate caution about using alcohol for health benefits, and open the door for the alcohol industry to misrepresent federal alcohol consumption guidelines to consumers.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001664

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: Yukon-Kuskokwim Health Corp

First Name: Michael

Last Name: Bricker

Job Title: Clinician

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The NIAAA alcohol consumption guidelines cited are designed as the UPPER LIMIT of "low risk" (NOT "no-risk" consumption. The Law of Unintended Consequences almost guarantees that these guidelines will be misunderstood by the public and misrepresented by the liquor industry. Alcohol abuse is a Public Health issue just like heart disease - what are the "safe" levels of coronary bypass burgers? 2 out of 5 hospital patients are there due to chronic effects of alcohol over-consumption. Let's be prudent.

Comment ID: 001647

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Buck

Last Name: Clarke

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I think the changes you are proposing for alcohol use are not wise. And I don't think they are based on sound science. Your proposed changes would encourage increased use of alcohol and especially would encourage binge drinking. The alcohol industry will love this new approach. We have enough problems in this country behind the use of alcohol without the USDA further encouraging and adding to what is already one of the biggest public health issues we have.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001677

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: Jefferson Alcohol & Drug Abuse Center (JADAC)

First Name: Craig

Last Name: MacInnes

Job Title: Inpatient Chemical Dependency Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: More Caution Please!

Comment ID: 001679

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Roy

Last Name: Baas

Job Title: Addiction Treatment Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Does anyone there honestly believe that the increase in alcohol consumption is a good thing? The key word is "honestly". At some level I thought you were supposed to protect the health of the public and contribute to its ills. I suppose we do need more drunks in our land to aid in the dumbing down of our society. Thanks, for your "well thought out" guidelines.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001680

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: The University of Iowa

First Name: Julie

Last Name: Freeman

Job Title: Student Pharmacist (PharmD 2012)

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I agree with Comment ID 001418. Alcohol consumption is not necessary for a healthy diet and currently, most Americans underestimate the amount of alcohol they consume. Over indulgence and binge drinking are already problems in the United States. We should not increase the guidelines.

Comment ID: 001674

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Margaret

Last Name: Smith

Job Title: Assistant Professor, Health Science, Substance Abuse/Addictions

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do NOT change the dietary guidelines for alcohol basing it on a week instead of daily use.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001684

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Zeenat

Last Name: Rasheed

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am absolutely appalled at hearing about the fact that the government is planning to INCREASE the level of healthy drinking to 4 glasses for a man and 3 for a woman. The fact is that alcohol related problems have a huge negative impact on our society particularly our youth. How can you increase the levels when parents of teenagers are fighting a losing battle against underage drinking in any case. How do you justify telling us that increased drinking is good for us? How much lower do you want to sink in the eyes of the public?

Comment ID: 001685

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jill

Last Name: Wilson

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Regarding the Report that suggests that alcohol consumption guidelines be based on average consumption, rather than per-day consumption:

- I ask that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public.
- I also ask that the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001688

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: Olsson Frank Weeda Terman Bode Matz PC

First Name: George

Last Name: McGovern

Job Title: Previous Senator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: See Attached

Comment ID: 001695

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Katie

Last Name: McQueen

Job Title: Physician

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am concerned about the public health impact of revising the alcohol consumption guidelines. Alcohol misuse is a leading cause of preventable death. The frequently cited J-shaped mortality curve is not J-shaped for young men even of drinking age. The benefit is an association and not yet shown as a causal relationship. There is no compelling reason to increase the recommended limit and yet the new guidelines may be interpreted by Americans as permission to drink three to four drinks a day. As the creator and former medical director for InSight, the State of Texas SBIRT program, I spoke with hundreds of people about alcohol consumption. Simple is best. The WHO recommendation of 1 to 2 no more than 5 days a week is simple and less likely to result in "super-sizing". The summary does not make clear that it is possible the association of alcohol and decreased mortality may be related to some unknown confounder. There is no clear statement that children of alcoholics are at greatly increased risk of developing alcohol dependence and perhaps should be placed on the list of individuals who should not drink. Please consider not only what as experts and scientists your words mean, but what the media and public will do with those words. Thank you for your consideration.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001696

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Billie

Last Name:

Job Title: Parent Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: A person who drinks three to four drinks over a three to four hour period is drunk . This can be evidenced and observed by poor judgement, discoordination, slurring, blurred vision and an impaired ability to concentrate and make rational decisions. In Washington state drunkenness can be subject to legal consequences for public drunkenness and drunk driving. The Committee needs to revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public.
You have a public health duty to preform with integrity.

Comment ID: 001700

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Clark

Last Name: Burton

Job Title: EAP case manager

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am a clinical social worker with a caseload of several dozen people who have been put on a last chance agreement by their employers, mostly for substance abuse. I am very concerned that your proposed changes appear to condone a significant increase in alcohol consumption in a society where addiction is already rampant. Four drinks a day would amount to a bottle of wine per day or more than case of beer per week. If this level of drinking is not already problematic, which I believe it is, then it is likely to develop into a problem in short order. Your idea of changing from a recommending a daily amount to a weekly amount is especially worrisome, for this plays right into the lap of the binge drinker: "I don't have a problem -- the government says that it's OK to have 20+ drinks once a week." I am appalled by what you are proposing, and I respectfully request that you withdraw the changes and leave the recommendations as they currently stand.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001708

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: Tyler

First Name: Tyler

Last Name: Green

Job Title: Substance Abuse Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I think guidelines would likely be to encourage greater daily consumption of alcohol, discourage appropriate caution about using alcohol for health benefits, and open the door for the alcohol industry to misrepresent federal alcohol consumption guidelines to consumers.

Comment ID: 001709

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: David

Last Name: Schafer

Job Title: Retired University Professor & Arborist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Seems to me we must be in dire straits for the government to recommend any level of ethanol consumption in health & nutrition guidelines. Perhaps we're not selling sufficient ethanol in gasoline to meet fossil fuel conservation targets so this crazy marketing ploy is being used to both supplement sales and drown our sorrows with the sorry state of our economy. Maybe bootlegging should be encouraged to create new entry level jobs, although alcohol so produced generally avoids taxes, so that's not a very good solution for the government. But, who cares anymore what's legal or illegal? BAD idea!!! When it comes down to one drink per day difference between recommended consumption level and verging on addiction level, some fuzzy thinking went into this.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001710

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please rethink the proposal to consider average weekly alcohol consumption, rather than daily consumption, in defining moderate drinking under the proposed new dietary guidelines. This is an ill-conceived move- there is little new evidence to support changing the old definition, and it may normalize increased daily alcohol consumption. If you go through with this, why not also consider averaging a person's calorie intake over a week- how about defining 8000 calories on one day as a "moderate diet" if the weekly average remains below 2000 Kcal per day?

Comment ID: 001254

Submission Date: 06/27/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Travis

Last Name: Snyder

Job Title: Physician

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: My statement is in regard to the definition of moderate drinking. I do not think that an average number a drinks per week can be used to determine who is a moderate drinker. By the proposed definition, a male that drinks 4 drinks on Friday night and again on Saturday night falls under the category moderate drinker. In terms of mortality and morbidity risk assessment I think the body of evidence shows that this type of drinker has increased risks of injury from accidents and other causes. Perhaps a better way to define a moderate drinker is someone who adheres to the restrictions set forth by the proposed guidelines, and drinks ethanol containing beverages a minimum number of days, say 3 or four. That would help sort out who binge drinks, from those who drink on a more regular or consistent basis.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001328

Submission Date: 07/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Anne

Last Name: Rogers

Job Title: Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I reviewed the 2010 Dietary Guidelines alcohol chapter. I thought the chapter was quite thorough, provided strong references. The one area I wish would have been included is Alcohol and Intentional Injury (high linkage between alcohol use and violence, suicide, rape, theft, etc). Thank you for the opportunity to comment.

Comment ID: 001338

Submission Date: 07/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Steve

Last Name: Wirtz

Job Title: Research Scientist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: D7-Alcohol - Serious concern re recommendation to use ONLY the general average metric. Rationale is flawed given extensive literature on alcohol consumption patterns and consequences (<http://www.cdc.gov/alcohol/> ; <http://www.cdc.gov/alcohol/ardi.htm>). Problem is it ONLY addresses "most US citizens who don't drink every day". It misses highest risk groups and situations related to the most individual and societal harm, i.e., excessive drinking. It should include specific acknowledgement of heavy use - both single excessive drinking episodes (i.e., binge drinking) and multiple excessive drinking episodes over time. Without an explicit acknowledgment, this contributes to the continuing "taken for granted" distortion of the problem of excessive drinking. To ignore this large public health problem is to do a tremendous disservice to the country and thousands of citizens harmed. It is not only related to the 5-10% of clearly identifiable heavy drinkers, but also to the small % of moderate drinkers whose relatively infrequently drinking to excess account for a large part of the health, criminal, and societal burden caused by alcohol. The summary chapter also reflects a limited review of the overall societal harms related to alcohol: D-7 pp 2-4 - No mention of injury as a separate topic in list of detrimental effects of alcohol on health. CDC's ARDI estimates the impact of alcohol-related deaths and years of potential life lost highlight injuries account for ~50 % of impacts. D-7 p 4 ? Injury mentioned only under young age and addresses only a couple unintentional injuries. The alcohol-attributable fractions for violence injuries (i.e., assault/homicide

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

& self inflicted injury/suicides) are overlooked. D-7 p 4 ? Pregnancy ? No mention of alcohol?s role as the #1 ?date rape drug? or as a significant factor in unwasexual intercourse, STD, HIV and pregnancy.

D-7 p 12 Does not address and/or misstates the nature of INTENTIONAL injury

Comment ID: 001379

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name: The Healing Place of Wake County

First Name: Paul

Last Name: Meares

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I believe your new guidelines are based on bad information and will hurt the public. Using an average consumption is misleading and dangerous. It will lead to more alcohol problems than we already have in our country. Please keep the old guide of 2 drinks per day for men and 1 drink per day for women!

Comment ID: 001384

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The Report suggests that alcohol consumption guidelines be based on average consumption, rather than per-day consumption (as the current Guidelines recommend). The Report also states that drinking up to 4 drinks per day, three times a week for men and 3 drinks per day, twice a week for women would constitute ?moderate? drinking, as long as the average limits over one week are not exceeded. This type of drinking behavior poses serious risks to the general public, and should not be recommended by any agency concerned about public health.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001387

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name: Williams Christian Counseling

First Name: Joseph

Last Name: Williams

Job Title: Founder/Owner

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I believe that the new Guidelines should maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively. More consumption per day can scientifically harm the body and could potentially lead to alcohol dependence.

Comment ID: 001388

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: From a standpoint of diet alone it may seem reasonable to change the guidelines for moderate drinking. From the standpoint of overall health it does not. The drinking pattern that the new guidelines would recommend is strong enough to cause both considerable immediate health risks due to injury, violence and car crashes. It would also be enough over time to induce alcohol addiction in many individuals. My 20 years of experience in the field of prevention and treatment convinces me that alcohol is not a benign substance and should not be treated as such. I believe it should continue to be available, but that it needs to be regulated and treated as the powerful and potentially harmful drug that it is.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001389

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name: Alcohol Laboratories for Education, Research, and Training

First Name: Nancy

Last Name: Harper

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: underage drinking and other drug use

Comment ID: 001391

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Sharon

Last Name: Jacobs

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The Report suggests that alcohol consumption guidelines be based on average consumption, rather than per-day consumption (as the current Guidelines recommend). The Report also states that drinking up to 4 drinks per day, three times a week for men and 3 drinks per day, twice a week for women would constitute "moderate" drinking, as long as the average limits over one week are not exceeded. This type of drinking behavior poses serious risks to the general public, and should not be recommended by any agency concerned about public health.

Studies of "Moderate" Drinking are Seriously Flawed

Moderate drinking is associated with myriad health risks, including numerous cancers (e.g. breast and esophageal) and chronic illnesses such as pancreatitis. In addition, the evidence regarding health benefits from drinking alcohol is questionable at best. There have been zero randomized controlled trials—the gold standard for scientific evidence—for low alcohol consumption levels and mortality outcomes to date. Without such evidence, we should remain as conservative as possible when drawing scientific conclusions regarding any alleged health benefits of moderate alcohol consumption.

The substantial shift to recommending higher per-occasion and per-day alcohol consumption, plus suggestions that the questionable benefits from drinking outweigh the known

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

risks, are gifts to the alcohol industry. The Committee must be aware that the Report's messages about alcohol consumption will be misinterpreted by the powerful corporations and trade organizations that sell and promote alcoholic beverages. The alcohol industry has a long history of exploiting the Dietary Guidelines for their benefit, and the suggestions contained in the Report lend themselves to further misuse.

Comment ID: 001400

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name: SAMHSA CSAP Fellow, NC

First Name: Tanya

Last Name: Roberts

Job Title: Fellow

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am incredibly concerned and disappointed with the suggested new guidelines regarding alcohol use. For public health consideration, an increase in the consumption of alcohol will lead to much confusion. People need to understand the dangers that alcohol poses when not used properly or responsibly. Responsibly means more than "not driving" after drinking. This means that you actually understand your limits and your personal choices from a health standard. Encouraging people to drink more is beyond my comprehension. The message of "drink responsibly" is out there and yet no one know what that actually means. To have a public health guideline that says that increased consumption is fine and that "moderate" drinking is several drinks at one sitting is irresponsible and dangerous.

Please reconsider this portion of the guidelines. Think of all the under 21 youth who will see this and think it is okay. Think of the pregnant women, those struggling with recovery, and those who simply want to be safe. They will look to this for guidance. The guidance proposed is dangerous and you have the opportunity to correct it now. Please do. Thank you.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001417

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name:

First Name: William

Last Name: Keller

Job Title: Colonel USMC (Ret); Real Estate Broker; Elected Official

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am greatly concerned that the results of this report could lead to dietary recommendations suggesting that an increase in alcohol consumption would not be harmful to an individual. Our Nation already suffers from wide spread over indulgence in alcohol and the resultant negative impact on individual abusers as well as innocent citizens who suffer injury to their person or property, or are even killed by intoxicated users. We should be very cautionary in our approach to any spin-off from this report and not use it to encourage increased recreational or other more severe forms of alcohol abuse.

Comment ID: 001420

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name: individual

First Name: pam

Last Name: winter

Job Title: registered nurse

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As usual the federal government takes the side of big business and against the American People. The use of , "a little more to drink " has been devastating to my family. One young man's life a total waste. Another young mother unable to care for her own children resulting in them being placed with their alcoholic father and their lives in shambles. One of those children now age 22 with 5 car wrecks destroying 7 cars. Thousands of dollars in court costs and lawyer fees. And this sorry government recomends drink more every day--can anyone believe this

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001421

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name: Family Information Network

First Name: Laura

Last Name: Wilhelm

Job Title: researcher

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Everything that is ingested must be addressed. Half of all pregnancies are unplanned. Anyone who could become pregnant must seriously limit or abstain from alcohol.

Comment ID: 001422

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Gayla

Last Name: McDowell

Job Title: retired

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Moderate drinking is associated with numerous health risks, including various cancers (e.g. breast, liver, esophageal) and chronic illnesses such as pancreatitis. In addition, the evidence regarding health benefits from drinking alcohol is questionable at best. Alcohol has many down sides which many doctors feel outweigh any possible benefits. outweigh

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001404

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Susannah

Last Name: Saunders

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please don't lull the public into a fall sense of safety about daily alcohol consumption. It isn't safe as many studies have shown a link between daily consumption and increases in cancer risk. If you want to be considered a valid source of information than do not print lies.

Sincerely,
Sue Saunders

Comment ID: 001408

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The Report suggests that alcohol consumption guidelines be based on average consumption, rather than per-day consumption (as the current Guidelines recommend). The Report also states that drinking up to 4 drinks per day, three times a week for men and 3 drinks per day, twice a week for women would constitute "moderate" drinking, as long as the average limits over one week are not exceeded. This type of drinking behavior poses serious risks to the general public, and should not be recommended by any agency concerned about public health.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001487

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Michael

Last Name: Eisen

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Dietary Guidelines for Alcohol Use

I am involved with community efforts to prevent underage and high risk drinking. Underage drinking alone costs the state of NC 1.2 billion dollars and remains a significant public health crisis for both youth and adults. A significant component of our efforts to improve the wellness and safety of our communities is to promote guidelines for responsible alcohol use. centered around 2 standard drinks per day for men/ 1 standard drink per day for women/ over 21 years old. it has not gone unnoticed by those in the know that the alcohol industry does not promote these alcohol guidelines when it is promoting drink responsibly. If those that choose to drink alcohol followed the guidelines for responsible alcohol use it is likely that profits of the alcohol industry would be greatly reduced. Therefore, supporting guidelines that border on binge drinking is absurd if the wellness and safety of our communities really matter. The science is overwhelmingly in favor of the current guidelines, so why would the FDA support a message that not only decreases the health and potential safety of our communities but also at a significant economic cost considering the consequences related to alcohol use? Therefore, I strongly ask you to consider using common sense and data to not only change the guidelines but putting greater effort in promoting the 2/1 rule.

Comment ID: 001489

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The guidelines proposed on alcohol intake are misleading, especially in view of the fact that one in ten persons will have some difficulty with alcohol in their life. With the weekly guidelines it will be easy to interpret that four drinks a day is acceptable. This is an in appropriate amount for most occasions and would definitely not be advised in an evening that involved driving. One of the first things a person with alcoholism must do is realize his or her problem. With this recommendation it would be easy for someone to explain away 'a few drinks each day'. We also need more education about what alcoholism is so it can be identified and not dismissed as someone who binges occasionally. Please

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

return to the former guidelines. It is difficult enough to counteract the amount of alcohol advertising and availability as it is.

Comment ID: 001494

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: Treatment Instead of Prison

First Name: William

Last Name: Hall

Job Title: Retired

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not implement the proposed new guidelines for drinking alcohol. The current guideline is 2 drinks per day for men. Do not double it to 4 drinks on average, which could be read as 4 drinks in any one day. We have enough problem drinkers already

Comment ID: 001495

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: KY Professionals Recovery Network

First Name: Brian

Last Name: Fingerson

Job Title: President

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please DO NOT change the alcohol consumption guidelines from the 2/1 limits. Alcohol misuse is a major health problem in the US.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001480

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: Hope, Help, Health

First Name: Dr. Ronald

Last Name: Cobb

Job Title: Clinical Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Repeated studies have shown that persons who drink two or more drinks per day, day after day, become biologically addicted to alcohol. It is amazing to me that a Federal body would recommend a depressive drug called alcohol that used daily causes brain tissue to shrink away from the skull, thought processes to be impeded, testicles and ovaries to shrink, muscle tissue to die (including heart muscle tissue), and bones to become brittle. I watched soldiers in a hostile fire zone detox from 2-4 drinks a day when they were carrying loaded M-16s. It was not a pretty sight and it was dangerous for all of us. Increasing alcohol consumption rates is insanity.

Comment ID: 001475

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Margot

Last Name: Osborne

Job Title: Licensed Clinical Social Worker

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I work with chemically-dependent people as part of my psychotherapy practice, and disagree strongly with the changes in working about weekly alcohol consumption. You are supporting a level of consumption that is deleterious to the health of both men and women, but more so for women. Due to their smaller body size, their smaller blood volume, and the influence of hormones they are much more vulnerable to developing cancers and alcoholism if they were to consume the amounts you suggest. In addition, we have an aging population whose bodies process the alcohol more and more slowly, leaving more in circulation. This causes earlier impairment that can result in increased drinking while driving. All in all, this is a really negative change in guidelines. Please reconsider, and go back to the prior ones.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001476

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Christy

Last Name: Brown

Job Title: Professor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Opposition to new guidelines for alcohol consumption as excessive.

Comment ID: 001478

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Karen

Last Name: Wassmann

Job Title: Psychotherapist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please consider the negative effect of alcohol abuse has on the health of the nation. Specially underage drinking. Do not change the recommendation regarding more drink perday for males a females as safe. I am clinical social worker and my work places me in contact with the alcohol abusing population. The current guidelines serves as a cautionary guideline for such individuals.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001463

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: R.

Last Name: H.

Job Title: holistic health

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Your Committee is making unscientific and potentially dangerous recommendations - the new Report suggests that increased daily consumption is safe - the alcohol industry will surely use to its advantage - and will cause more harm and alcohol-related issues.

Comment ID: 001458

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jodiann

Last Name: Solito

Job Title: Director, Women's Center

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: By moving from 2/1 DAILY alcohol consumption to the proposed AVERAGE consumption represents a doubling of the daily guideline for men, and a tripling of the daily guideline for women. In addition, defining moderate alcohol consumption as up to four drinks for men, 3 for women is too high. The 2/1 DAILY guidelines provide the safest alcohol consumption guidelines. Why change them? It would be irresponsible, from a public health perspective. Increasing the guidelines would translate to increased consumption, particularly among high school and college students, as such an increase would be seen as pro-consumption. The effects of alcohol consumption are far-reaching, including sexual assaults, physical assaults, vandalism, car crashes, and personal injury, not to mention the health effects on the individual consumer. There is no value to changing the existing guidelines.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001466

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Rosalie

Last Name: Cripps

Job Title: Clinical Psychologist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a clinical psychologist and alcohol/drug abuse specialist with over 35 years of experience, I am very concerned about the proposed new Dietary Guidelines for the consumption of alcohol. There is ample evidence that the more people drink on a daily or episodic basis, the higher the risk of a variety of health, behavioral and societal consequences. I have frequently worked with patients whose daily drinking is at the proposed 4/3 level and for whom there are already adverse consequences in their marital/family relationships, functioning at work the next day and health risks associated with medical and psychiatric conditions they have, medications they take, and family history. I also find that people are usually unaware of all the factors that influence what their BAC will be when they drink "only" 4/3 alcoholic beverages (e.g., gender, weight, whether they have food in their stomachs, how quickly they consume the drinks, medications they take, and what is meant precisely by a "standard size drink").

Please seriously reconsider the recommended change in the alcohol consumption guidelines. What possible justification can there be to change them? Show me the evidence!

Comment ID: 001468

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Alexandra

Last Name: Jacobo-Mares

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am concerned about the report's suggestion that alcohol consumption guidelines be based on average consumption instead of per-day consumption as it's currently written. The recommendation of a higher per-occasion and per-day alcohol consumption, plus suggestions that the questionable benefits from drinking outweigh the known risks, sounds like a move to benefit the alcohol industry, which has a long history of exploiting the dietary guidelines for their own benefit. I'm concerned the despite the reports caveats, the alcohol industry will use the new recommendations to promote increased alcohol consumption. Please revise the report and subsequent guidelines to send a more cautionary, evidence-based message regarding alcohol consumption to the public. I specifically ask that the new guidelines maintain the formulation of 2/1 per-day consumption of alcohol

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

for men and women, respectively. Thank you.

Comment ID: 001469

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The proposed guidelines for alcohol consumption are troubling. The current Dietary Guidelines for alcohol provides drinking guidelines of up to 2 drinks per day for men and up to 1 drink per day for women (2/1 daily consumption guidelines). The new report proposes that 2/1 consumption guidelines be based on average, rather than daily, consumption. The report also defines "moderate drinking" as drinking up to 4 drinks per day for men and 3 drinks for women (4/3 daily consumption guidelines), so long as the average limits are not exceeded.

If most drinkers drank on a daily basis, then 2/1 daily guidelines would be identical to the proposed 2/1 average guidelines. But this is not how most people drink in the U.S. Among men and women who drink an average of <2/1 drinks, respectively, more than three-quarters consume alcohol only 2-3 days per week or less. Therefore, with respect to the proposed guidelines, most persons' consumption on any given day would not be constrained by the proposed new weekly (i.e. "average") guideline, but would only be affected by the new daily guideline.

So in fact the net effect of the proposed change amounts to an endorsement for most men to consume up to 4 drinks and for most women to consume up to 3 drinks on days they actually consume alcohol. Thus, the proposed change represents a doubling of the daily guideline for men, and a tripling of the daily guideline for women.

These changes may open the door for the alcohol industry to use the new recommendations to promote alcohol consumption and increased consumption. The Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public. We specifically ask that the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001470

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: Rockbridge Area Prevention Coalition

First Name: Wendy

Last Name: Morgan

Job Title: Prevention Manager

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The real-world effect of the proposed new alcohol guidelines would likely be to encourage greater daily consumption of alcohol, discourage appropriate caution about using alcohol for health benefits, and open the door for the alcohol industry to misrepresent federal alcohol consumption guidelines to consumers. Please give serious consideration to leaving the existing guidelines in place or, in fact, recommending lesser intake of alcohol!

Comment ID: 001472

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Shari

Last Name: Bohlander

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Alcohol abuse is a pervasive problem in our society. It does no good to give abusers reason to justify any use. I have seen too many die young, sick, and depressed. Use alcohol if you choose, but realize that the disease of addiction can devastate a life, a family, a community. If you want to encourage good health, tell people to eat a diet that is high in essential micro nutrients. Avoid animal products. Avoid processed foods. Don't smoke. Exercise. Please don't give this society any more reasons to drink.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001444

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Susan

Last Name: Collins

Job Title: RN/Parent

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Investiagte nutritional needs for children with Fetal Alcohol Exposure.

Comment ID: 001455

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: Addiction Recovery Technologies, Inc.

First Name: Michael

Last Name: McGinnis

Job Title: Licensed Alcohol and Drug Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am confused and alarmed with the proposed changes to the 2005 guidelines. There appears to a lack of supporting evidence in the new proposal's asserted benefits and runs counter to the clarity of the previous guidelines. "Moderate" is a difficult concept to define for the average individual and the new guidelines appear muddy. Are they defining health science or maintaining social ambiguity?

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001440

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Judy

Last Name: Walsh-Jackson

Job Title: Activist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The proposed guidelines poses serious risks to the general public, and should not be recommended by any agency concerned about public health.

The cited studies of "moderate" drinking are seriously flawed. The evidence regarding health benefits from drinking alcohol is questionable at best. We should remain as conservative as possible when drawing scientific conclusions regarding any alleged health benefits of moderate alcohol consumption. Finally, haven't we learned yet that the industry's profit motive seriously taints any ability for sound science? The shift to recommending higher per-occasion and per-day alcohol consumption, plus suggestions that the questionable benefits from drinking outweigh the known risks, are gifts to the alcohol industry. The Committee must be aware that the Report's messages about alcohol consumption will be misinterpreted by the powerful corporations and trade organizations that sell and promote alcoholic beverages. The alcohol industry has a long history of exploiting the Dietary Guidelines for their benefit, and the suggestions contained in the Report lend themselves to further misuse.

Please revise the report.

Comment ID: 001441

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Richard

Last Name: Coolman

Job Title: Developmental-Behavioral Pediatrician

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am concerned the alcohol industry will use the new recommendations to promote alcohol consumption and increased consumption.

I ask that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

I specifically ask that the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comment ID: 001424

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name: Fetal Alcohol Spectrum Disorders Collaborative Committee/South Carolina Department of Alcohol and Other Drug Abuse Substances

First Name: Kristina

Last Name: Rife

Job Title: Vice Chair (parent representative)

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Encourage there be a revisitation of the quality of evidence defining "moderate drinking" levels. Also, encourage the change of wording regarding alcohol use in pregnancy to include more emphasis on all 3 trimesters of pregnancy including the one time intake of alcohol. Referring to cautions "especially in the first trimester" may give comfort to alcohol intake in third trimester which is a current myth that needs correcting. Applaud the inclusion of caution of alcohol intake prior to conception.

Comment ID: 001565

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name: Recovery Resources

First Name: Carrie

Last Name: Foley

Job Title: Licensed Clinical Social Worker-Drug/Alcohol Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Recommendation for 'average' ETOH consumption differs in significant way to mislead defining 'moderate' consumption--a first reading (2nd and 3rd) does not clarify 2/1 or 4/3 consumption--but in my experience many people will only hear that they can drink 4/3 daily. In prevention and Level 1 intervention, such guidelines from an authoritative source suggest a much higher level of use than can be safely handled by young drinkers, for whom a binge pattern is currently being reinforced by college drinking, as an example. No reference is given for spacing or metabolism time for these new limits, either. Three drinks for a 105 lb 'naive' woman drinker is skirting BAC levels dangerously impairing reasoning and judgement. Please reconsider use of 'average', 'drinking days' or at least add information about BAC levels and spacing of drink consumption as you do in the 'Breastfeeding' section.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001559

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Rhonda

Last Name: Stennerson

Job Title: Lead Licensed Addiction Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: This type of regulation has concerned me over the years. When people read 3 to 4 drinks many seldom think of the amount that truly means and the amount of time to be drinking the right amount. For most healthy livers in people one drink (12 oz beer, 5 oz wine and 3/4 oz whiskey) per hour so the liver can process it is the only way I know it to be the least harmful. I am not for people consuming more alcohol due to there not being any sound medicinal reason to drink alcohol. Alcohol is an anesthetic and should always be used with extreme caution. Our society continues to make it socially acceptable and it is legal of course, thus people have a real hard time with limiting themselves to moderation. Yes, some can drink socially too many drink to be social and drink over the limit quickly. Again I support not making more alcohol per day the guideline. I think more people need a guideline of one drink the size mentioned above an hour when healthy and less or none when not healthy, with a limit of 2 to 3 for men and 1 to 2 for women. Alcohol is still the second leading drug for deaths right below nicotine. Please consider health over money.

Comment ID: 001562

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Leo

Last Name: Mamicpic

Job Title: retired

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I hope the new alcohol dietary guidelines is not an underhanded deal between a govt agency and the alcohol industry. What were you thinking? You've just given the alcohol industry a very wide avenue to 'sell, sell, sell' their alcohol products and feel justified about it. Guess what happens to your youth?

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001563

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jay

Last Name: Swenson

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not recommend any daily consumption of alcohol. Your studies of 2005 are out of date. New studies, especially of the terrible effects of alcohol on the fetus & consequent lifetime disability & behavioral problems, show alcohol is overall harmful to health & society. Over 70% of Americans polled state that alcohol has negatively affected their lives. The Wall St. Journal has written that the cost of alcohol to US society, taxpayers, business & healthcare is nearly \$200billion/year in increased crime, absenteeism, violence, healthcare costs & lowered productivity. Alcohol kills more people worldwide than all other drugs combined, & alcohol is a mind-altering addictive drug. No one knows who will start drinking alcohol & become an addict destroying their careers, families, childhoods & hopes. Alcohol hurts the growth of the young brain & is involved in 1/3 of all child abuse/molestation, 1/3 of all suicides, 1/2 of all road deaths, 1/2 of all murders & violent crime & is a significant factor in domestic violence & divorce, not to mention it's role in 1000's of 'date rapes' & many unwanted pregnancies leading to an increase in abortions. It's an ugly drug that deadens the rational side of the brain & makes people do stupid/dangerous/promiscuous things they wouldn't normally do. Just because alcohol may have some beneficial effects (with current studies) is not grounds enough to offset all the terrible health & social costs it causes. Don't forget smoking has healthful side effects too - reducing risk of Alzheimer's & Parkinson's, & even dental plaque. Why don't you recommend smoking then for it's healthful benefits, ignoring the negative effects, afterall smokers don't smoke & become violent, kill, abuse a child, miss work, crash cars, act stupid, offensive & more, but those who use alcohol do? Alcohol should carry the same warnings as smoking & taxes should be raised to discourage the use of this disgusting drug, especially by the young)

Comment ID: 001570

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Joy

Last Name: Hare

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: In measuring the drinking of alcoholic drinks, we seem to have forgotten is that alcohol is a poison, and even in small amounts it kills cells.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001571

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name: Sanger

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: It is simply not responsible to think about suggesting to the public that consuming 3/4 alcoholic beverages a day is normal and/or healthy Especially without the evidence to back this kind of statement up.

Comment ID: 001574

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name: Visiting Nurses Association & Detention Center

First Name: Neil

Last Name: Folks

Job Title: Chaplain

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Enough is Enough. It seems a fourth of Americans have alcoholic problems. It is a Dis-Ease, not a disease, problems not dealt with at the very deep emotional levels, deeper than what most typical drug counseling don't address. The deep emotional causes have to be dealt with first in order to help curb the heavy use of alcohol used to inebriate the pain. They will get what they think they need anyway, but let us keep it restrictive. I am favor of reducing the number and size of the drink, not increasing. Larger quantities of alcohol is not good for the body.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001576

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Richard

Last Name: Solomon

Job Title: PhD Clinical Psychologist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The recent Report suggests that alcohol consumption guidelines be based on average consumption, rather than per-day consumption (as the current Guidelines recommend). The Report also states that drinking up to 4 drinks per day, three times a week for men and 3 drinks per day, twice a week for women would constitute "moderate" drinking, as long as the average limits over one week are not exceeded. This type of drinking behavior poses serious risks to the general public, and should not be recommended by any agency concerned about public health.

Moderate drinking is associated with myriad health risks, including numerous cancers (e.g. breast and esophageal) and chronic illnesses such as pancreatitis. In addition, the evidence regarding health benefits from drinking alcohol is questionable at best. There have been zero randomized controlled trials—the gold standard for scientific evidence—for low alcohol consumption levels and mortality outcomes to date. Without such evidence, we should remain as conservative as possible when drawing scientific conclusions regarding any alleged health benefits of moderate alcohol consumption.

The Committee must be aware that the Report's messages about alcohol consumption will be misinterpreted by the powerful corporations and trade organizations that sell and promote alcoholic beverages. The alcohol industry has a long history of exploiting the Dietary Guidelines for their benefit, and the suggestions contained in the Report lend themselves to further misuse.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001577

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name: Summit County Community Partnership, Inc.

First Name: Gwendolyn

Last Name: Wilson

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: This action may increase alcohol use among underage persons who even now do not recognize they are drinking beverages that contain alcohol. This action offers an additional layer of legitimacy to advertisers who are careless about messages underage persons receive about alcohol.

Comment ID: 001580

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Julie

Last Name: Messerly

Job Title: Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am writing with concern about changing the dietary guidelines for alcohol. I was raised in an alcoholic family and have lost family members to alcohol. I also am a licensed addiction counselor and have seen the devastation that the use of alcohol has created in the lives of the people and their families. We all know that alcohol affects every organ in the human body and that over time those effects gradually and continually worsen. I feel changing the guidelines would in fact impact families dramatically negatively. For those suffering with addiction it is a permission card to continue to self destroy their lives and the lives around them. I appreciate your time.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001546

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Becky

Last Name: Ryba

Job Title: social worker and counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I'm not an MD. nor as established researcher. However as a licensed professional in a field that has touched hundreds of children and families over the last 20+ years, I can't describe adequately the impact alcohol consumption wreaks in the lives of so many unintended victims. The biggest problem I have with the adjusted guidelines is that if "3 is okay" (speaking as a woman) then "6 isn't that bad". The mind of someone with a drinking problem can twist any "guideline" into just about anything, and by supporting the expansion of such limits, you are asking for just that. I understand that there is a group of people out there that guidelines mean nothing to, but there is a population that may be really challenged to look at their drinking at the current levels. Additionally, the impact on someone's ability to drive under the proposed guidelines invites more questions than answers, and certainly the possibility of greater harm.

Comment ID: 001553

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: Anne E. Croskey, PhD, Licensed Clinical Psychologist

First Name: Anne

Last Name: Croskey

Job Title: PhD Psychologist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please delete the sentence of your guidelines under Alcohol that suggests that no more than 3 drinks for women and 4 drinks for men is the maximum. It contradicts the previous sentence and sounds like you are trying to keep the alcohol industry happy - rather than keeping adults healthy

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001554

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Marci

Last Name: Goorabian

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Alcohol is the gateway legal drug for most kids. To recommend a daily consumption rate is crazy. Why no recommended tobacco oh yeah thats because tobacco causes illness and death. SO DOES ALCOHOL! Stop think what you are endorsing to our young people. Alcohol is a huge problem on college campus, law enforcement, health care, dui, death and jail and prisons. My 27 year old son died of alcoholism, wake up this legal drug is a killer CHARGE FOR THE HARM STOP PROMOTING ALCOHOL CONSUPTION FOR THE ALCOHOL INDUSTRY TO PRETEND THEIR PRODUCT IS GOOD FOR YOU!.

Comment ID: 001555

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Laurie

Last Name: Cassidy

Job Title: Parent

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Defining moderate drinking as 4/3 drinks in one social event is a mistake. My average height/weight adult son drank 4 beers and vomited. Regular people will clearly be at risk of injury with these new guidelines.

Who are these guidelines intended for? Regular people or regular drinkers?

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001543

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: Hazelden Foundation, Retired 2008

First Name: Barry

Last Name: McMillen

Job Title: Licensed Drug and Alcohol Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I wish to address the change in daily/weekly standards for alcohol consumption tendered by the USDA. This proposal is by any standard irresponsible and dangerous. No supportive data is presented to validate the effect of such an increase would have on health and/or motor accident death in the US.

Comment ID: 001541

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Sonny

Last Name: Sorrentino

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I cannot believe you are considering the increase in daily alcohol consumption. The pockets must be getting lined very well. Just look at the number of alcohol related deaths and crimes committed under the influence of alcohol. It is a know fact that alcohol consumption increases during tougher times and the times have not been worse sine the first great depression. Please rethink this matter and consider the baby boomers(largest population) and underage drinkers who will feel "normal" and validated drinking with the increased daily consumption. Do what is right for the people not your pockets and the profit crazed liquor industry.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001548

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: Santa Barbara County Child Welfare Services

First Name: Freya

Last Name: Schultz

Job Title: Staff Analyst

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please leave the guidelines for alcohol consumption the way they are in the 2005 issuance. Child welfare protection services (my agency) deals with people who may not drink the same amount every day, but end up losing the capacity to care safely for their children as the result of binge drinking. Up to four drinks a day for men and up to three for women would create BAC's which would get one arrested for drunk driving. Drunk parenting is also bad. Changing the guidelines in such a manner so that what we now would deem binge drinking would be termed "moderate" drinking is inexplicable and unwise. I do not believe that the people our workers generally see who are reported for endangering their children are up to date on dietary guidelines for drinking or for anything else, but the medical interveners they see presumably WILL be guided by your recommendations, so what you say DOES matter.

Comment ID: 001549

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Sean

Last Name: Rueter

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I'm writing to urge you to carefully consider any recommendation or indication of alcohol as being a beneficial component of a healthy diet. I have personally experienced the devastating negative and harmful effects that even so-called "moderate" consumption can have on the mental and physical health of an individuals, families and organizations. Please keep the known damaging impacts of alcohol paramount in your analysis and reporting - more so than disputable evidence of health benefits that disregard the potential for addiction and harm.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001516

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lora

Last Name: Maldonado

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not increase the amount of drinks considered "moderate" drinking --taking the amount from a daily consumption to a weekly one....looks as if the amount of drinks considered moderate are doubled...as a recovered alcoholic I can say the fewer drinks considered as moderate the better.....any amount of alcohol on an empty stomach can impair the drinker in a numerous number of ways....don't change what you have now, if you do, make it less, alcohol is a huge problem for many!

Comment ID: 001509

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Diane

Last Name: Clayton

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: PLEASE reconsider changing the guidelines for alcohol consumption, if for no other reason than to keep drunk drivers off our roads. Alcohol is responsible for so many problems in our society ... we certainly don't need more lax guidelines. Thank you.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001499

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Changing the alcohol guidelines is tantamount to making people feel that alcohol is NOT dangerous. However, it is one of the largest causes of morbidity and mortality in people in the U.S., not to mention lost productivity and damage to families. You need to scale back to the previous guidelines. Did you work with the National Institute on Alcohol and Alcohol Abuse? What did they have to say?

Comment ID: 001500

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Kathleen

Last Name: Masis M.D.

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a primary care physician trained and certified in Addictions Medicine, my feedback on the new Dietary Guidelines on Alcohol is:

1. There is no demonstrated need for a change in the 2005 Guidelines on Alcohol.
2. There is not evidence for the safety of the recommendations in the new guidelines.
3. There are risks associated with changing the guidelines to apply to the consumption of alcohol of the basis of an average weekly amount.
4. There is considerable evidence for the current (daily) consumption guideline.
5. I recommend that the USDA take into consideration the evidence for the current guidelines.

Thank you.
Kathleen Masis MD

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001501

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Daniel

Last Name: Pomerantz

Job Title: MD

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I write to oppose changing the USDA guidelines on alcohol consumption. The current dietary guideline on alcohol consumption promotes safer and more responsible use of alcohol. Increasing the quantity of alcohol consumed that is considered moderate and considering average rather than daily consumption will lead to more people misclassifying their own risky drinking habits as safe and will hamper public health efforts to promote safer alcohol use. I ask that you leave the current dietary guidelines regarding alcohol consumption.

Comment ID: 001502

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I cannot disagree more with the proposed increases in daily drinking guidelines under consideration by any Advisory Committee associated with the US Department of Health and Human Services! As I understand it, there is insufficient evidence to support any real health benefits to one's increased alcohol consumption--but there certainly is more than enough "evidence" to support the many and factual reasons for one to DECREASE his/her daily or weekly alcohol consumption! The myriad of problems associated with the misuse of alcohol by too many members of our society are well known and well documented. What are the members of this Advisory Committee thinking !!! I could cite numerous examples of how the misuse of alcohol by family members, friends and co-workers has adversely affected not only these individuals' lives--but also the lives of those who must live and work with someone who abuses the use of alcohol, but I would far exceed the 2000 characters allowed in this commentary. We need to find ways to decrease one's use (abuse) of alcohol--not increase it !

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001505

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Kimberly

Last Name: Crump

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Dear Dietary Guidelines Committee:

On what basis do you propose to relax the guidelines defining "moderate" drinking? This makes no sense on the basis of practical public health considerations and in the absence of a much stronger rationale, including data from randomized trials. Alcohol is the third leading preventable cause of death in the U.S., and causes many net excess deaths even assuming a cardio-protective effect among those with low average consumption. In addition, there are risks associated with even low levels of consumption (e.g., breast cancer). The net effect of your proposed change amounts to a doubling of the daily guideline for men, and a tripling of the daily guideline for women. Such a change is ill advised and would require a far stronger justification than you have provided. Best, - Kim

Comment ID: 001506

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jennifer

Last Name: Snyder

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I believe it is a mistake to change alcohol intake guidelines to encourage additional alcohol consumption especially since one in ten American is suffering from alcoholism. I believe the changing of the dietary guidelines will do more harm than good and will increase the number of binge drinkers.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001518

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Katherine

Last Name: van Wormer

Job Title: professor of social work

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: new proposed guidelines for moderate drinking

I am in favor of moderate drinking but want to point out the dangers of drinking 3-4 drinks at one time or drinking even more once in a while. Underage drinking laws are doing no good and a key factor, I believe, in the present state of heavy binge drinking by high school and college students. coordinator of substance abuse certificate and book author

Comment ID: 001525

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Mark

Last Name: Gallo

Job Title: clinical social worker/educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please reconsider any change in alcohol policy that would increase a suggested cap that describes problem drinking. 3 or 4 drinks at a sitting describes problem drinking. I work with people who have been arrested for drinking and driving or who have been in catastrophic auto accidents as a result of drinking. Increasing a federal guideline only encourages more drinking. This is a horrible drug that ruins lives.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001526

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Tina

Last Name: Hoester

Job Title: Youth Outpatient Coordinator/Private practice

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Thank you Nancy for your reasoned and well researched response. I only wonder if the USDA consulted any 'experts' in the fields of alcohol, alcoholism, youth underage drinking etc. The NIAAA, NCADA? How laughable that alcohol, which has no nutritional value (except to add calories), is included in the nutritional and dietary guidelines.

Comment ID: 001527

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lewis

Last Name: Bryson

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I'd like to commend the more evidence-based guidelines on alcohol beverages contained in this year's revisions. Alcohol is, without a doubt, a substance with risks. However, it has benefits as well, not the least of which is the substantial deliciousness of a wide variety of the beverages that contain it. Moderate drinking needs to be encouraged, not stigmatized. Bravo: stay the course!

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001528

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Pamela

Last Name: Kelly

Job Title: retired judicial officer

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The new guidelines about healthy alcohol consumption are frightening. Alcoholism is a chronic disease and the effects of alcohol on mental and bodily functions are well known. The real-world effect of the proposed new alcohol guidelines would likely be to encourage greater daily drinking, discourage appropriate caution about using alcohol for health benefits, and open the door for the alcohol industry to misrepresent federal alcohol consumption guidelines to consumers.

Comment ID: 001529

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: Kelly Consulting Service

First Name: Suzanne

Last Name: Kelly

Job Title: Licensed Clinical Addictions Specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: After being in the substance abuse prevention/education/treatment field for over 25 years, I have seen how substances, especially alcohol, have affected individuals, couples, families and children when used inappropriately. I believe the USDA needs to rethink their opinion on alcohol usage/recommendations and consider the evidence based programs such as the Prevention Research Institute's PRIME for Life and PRIME Solutions programs that have helped prevent and treat alcohol problems. We do NOT need to back down on alcohol usage recommendations when one in ten people who drink will develop an alcohol related physical, social or emotional problem and one in ten of those who DO develop problems will recover from those problems in order to live a fulfilling life. This is not a percentage that we as a nation can take lightly or be persuaded to change by alcohol-related economical interests.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001523

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: Dianne Engren M.Ed., MAC, CADAC, LDAC1

First Name: Dianne

Last Name: Engren

Job Title: Licensed Drug and Alcohol Counselor level one

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Extreme concern re increase in drinking guide.
Dangerous. Data flawed. Almost cavalier in regards to risk to the public. Please reconsider. Purpose?
Decreases public safety in many ways.

Comment ID: 001532

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: John

Last Name: Winslow

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not change your guidelines that would promote an increase in alcohol consumption. This will drastically have a negative effect on families and children. I've been in recovery over 34 years, have worked in the substance abuse profession most of these years and have seen first hand the utter destruction and devastation caused by all those caught up in addiction. The problem is epidemic and would most certainly worsen should the proposed guidelines offer greater latitude to/promote increased use of alcohol in any fashion.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001534

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Arran

Last Name: Thomson

Job Title: Student / writer

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The Report suggests that alcohol consumption guidelines be based on average consumption, rather than per-day consumption (as the current Guidelines recommend). The Report also states that drinking up to 4 drinks per day, three times a week for men and 3 drinks per day, twice a week for women would constitute "moderate" drinking, as long as the average limits over one week are not exceeded.

This type of drinking behavior poses serious risks to the general public, and should not be recommended by any agency concerned about public health.

Studies of "Moderate" Drinking are Seriously Flawed

Moderate drinking is associated with myriad health risks, including numerous cancers (e.g. breast and esophageal) and chronic illnesses such as pancreatitis. In addition, the evidence regarding health benefits from drinking alcohol is questionable at best. There have been zero randomized controlled trials—the gold standard for scientific evidence—for low alcohol consumption levels and mortality outcomes to date.

Without such evidence, we should remain as conservative as possible when drawing scientific conclusions regarding any alleged health benefits of moderate alcohol consumption.

Alcohol Industry Misuse of Public Health

The substantial shift to recommending higher per-occasion and per-day alcohol consumption, plus suggestions that the questionable benefits from drinking outweigh the known risks, are gifts to the alcohol industry. The Committee must be aware that the Report's messages about alcohol consumption will be misinterpreted by the powerful corporations and trade organizations that sell and promote alcoholic beverages. The alcohol industry has a long history of exploiting the Dietary Guidelines for their benefit, and the suggestions contained in the Report lend themselves to further misuse.

These new guidelines are convenient for the alcohol industry, but toxic for public health and safety. For this reason I support major revisions to these guidelines with the above information taken into high regard.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001538

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jeffrey

Last Name: Higginson

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I believe your new dietary guidelines for alcohol consumption which would include as many as 4 drinks/day for men and 3 drinks/day for women on days that they drink is irresponsible and dangerous. With all the billions and billions of dollars spent due to the damage alcohol does to this country and its citizens, I fail to understand why any government agency would advocate a daily increase in "acceptable" alcohol consumption levels - to say nothing of the suffering and misery this chemical inflicts on Americans every day. Why don't you publish an "acceptable" crack use level or methamphetamine use level - it would be just as uncaring and destructive. Are you stupid? Or have you been bought-off by the beverage alcohol industry? This is nothing short of despicable government policy.

Comment ID: 001996

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Liz

Last Name: Winter

Job Title: Social Worker

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: It is hard to understand why changing the current daily guideline to a weekly guideline can have any benefit. What is the change designed to address? On the contrary, it seems that moving to a weekly guideline gives permission for drinking at almost binge levels and is vulnerable to being misrepresented. As a Social Work educator and as a clinician, I see this as a retrograde move from a public health and addictions treatment perspective.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001992

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: David

Last Name: Jernigan

Job Title: Associate Professor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Please see attached letter.

Comment ID: 001984

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Dorothy

Last Name: Strasser

Job Title: Occupational Therapist, Acute Psychiatry

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As an occupational therapist that leads a chemical use and dependency group for veterans I strongly oppose the revised alcohol consumption guidelines put forth by the USDA. Individuals that have a predisposition to using chemical substances to alleviate emotional distress are already faced with the need to set themselves apart from the social norms of alcohol consumption in the context of family gatherings, formal and informal business alliances, sporting events, and rites of passage and celebrations of all types. To normalize increased ETOH consumption will make it that much harder for these individuals seeking mental stability to not feel alienated, ostracized and "less than" their drinking civilian and veteran peers.

To suggest that an average person can drink 3 to 4 drinks in a session that can be repeated several times per week is to avoid looking at how that much that amount of a chemical depressant can affect physical wellness, daily functioning and quality of life. Please seriously consider the impact of this revision.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001989

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: ken

Last Name: dail

Job Title: Dad

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I encourage you to maintain the current dietary guidelines for alcohol consumption. When stating guidelines, simple is better. Adding "layers" or additional options adds confusion. The point of issuing guidelines is to give people a simple to remember way to follow a ?healthy? standard set by the experts. In addition, increasing the number of acceptable drinks to a point that would clearly impair an inexperienced drinker is irresponsible.

Comment ID: 001974

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Rosalind

Last Name: Murvin-King

Job Title: Parent advocate

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please think of the issues and problems that alcohol consumption by women is causing , due to the misunderstanding that has come about that it poses no problem for them. I ask you think of my grands and other like them who suffering due to this misunderstanding about the consumption of this poison their mom drink during her pregnancy. Fetal alcohol Syndrome is preventable and it is one of the most misrepresented diagnosis a parent can get for a child for there are no support systems or monies to help raise these children. And they become burden

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

to society for society says it okay for women to drink
I am saying it is not because of the problems I see
today and the battle I have to fight in order to get and
find services for my children. Until we make a deal
out of childbearing women drinking during her
childbearing years we will continue to have to fight
and have disabilities that can be prevented and you
are the first step in this fight. Thank you for listening
to me.

Comment ID: 001976

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title: Military NCO

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: While I am sure that you have thoroughly researched proposed changes to the dietary guidelines, there is one factor which is very difficult to determine, Public Perception. The American Public looks at what you publish. I believe that increasing the amount of alcohol which will be considered moderate has far reaching and potentially dangerous repercussions. It is a fact that perceived risk is a major contributing factor in whether an individual decides to use a substance and also in whether or not an individual uses that substance in excess. If the "accepted" amount of alcohol is increased, that serves to decrease the perceived risk. The result of the alcohol being more accepted will be an increase in alcohol use, an increase in use to excess and certainly an increase in abuse of the substance. This will not occur overnight. Slowly, attitudes will change, and eventually behaviors. Yes, it will occur with adults, but children learn what they see. Children learn attitudes, habits and even wrong perceptions. It is important for those making the decisions to remember that these changes will affect generations to come. This change to public policy could be tantamount to the recent fiasco about mammograms. It is not what you say, but how the public understands it. Let's face it, the fact that wine contains antioxidants does not make wine good for you, but a great number of Americans perceive it that way. Please understand that I am not one of those who is adamantly opposed to alcohol. I just believe that the proposed changes will have a negative impact on American Health. Thank you.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002043

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Tammy

Last Name: Jones

Job Title: Licensed Addiction Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please consider the holistic and lifetime effect this decision will have world-wide; it's a deadly crisis waiting to explode. Please think about the devastation this has already caused to so many families, the economy, crime, birth defects I could go on but I think my point is clear. What about the groups that are looking for something to attach themselves to to say they did why cant we. This proposal puts more fear than hurricane Katrina did and the uncertainty it caused. I don't know what else I could say to express my views about this proposal. WHAT ABOUT THE CHILDREN??

Comment ID: 002025

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: David

Last Name: Jernigan

Job Title: Associate Professor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: See attached letter.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002061

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name: Private Practice Psychotherapy

First Name: Ruth

Last Name: Anderson

Job Title: Licensed Clinical Addictions Specialist, Certified Clinical Supervisor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As an Addictions Counselor with 30 years experience, I am concerned over the proposed changes in the RDA of alcohol. This revision runs counter to all the latest research on the connection of alcohol to other chronic diseases, not to mention providing encouragement to individuals to exceed the level considered moderate drinking. The allowance of up to 4 drinks on one occasion actually exceeds the level considered to be moderate consumption in the generally accepted diagnostic criteria for alcoholism. It is also much more likely to trigger binge drinking.

If actual US dietary guidelines change in the direction of being less cautionary in the use of alcohol in the diet, I know from experience that it will give those who need recovery another brick in their wall of defenses and denial that keeps them from recovery from this chronic, progressive, and potentially fatal. Additionally, it will give a message to the nation that alcohol is as harmless as eating your vegetables.

I question why any organization related to health would make such a change unless the liquor industry has won another victory over health research and the well-being of US citizens. I implore you to engage clinical experts in the addictions recovery profession to consult with you on this proposal, since they should be the ones to whom you are listening, not nutritionists unaware of alcohol and health research, and certainly NOT lobbyist from the alcohol industry. Over the years, I have met representatives from the industry in attendance at our professional training sent to learn how to tailor their advertisement to alcoholics. they certainly don't make their millions off of light drinkers! A fact that in itself should cause more people to be skeptical of their activities.

Thank you for eliciting responses to your proposal. I believe your decision will have a major impact on either promotion or prevention and alleviating sickness.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001959

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Melissa

Last Name: P

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I read today about the proposed "loosened guidelines" for drinking for adult men and women. As a very "high bottom" (no lost job, still went to the gym, etc.) female alcoholic with five years recovery, I can tell you that my average was probably three or four drinks a night. Wine. It nearly destroyed my life and my sanity over a ten year period. I'm sure there are people who won't have that reaction, but these guidelines might make it even more difficult for someone like me to admit they have a problem and seek potentially life-saving help.

Comment ID: 001960

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Hope

Last Name: Taft

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not loosen the guidelines for alcohol consumption. They need to be as tight and evidenced based as possible so they are not misconstrued and cause harm to people, especially young people.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001962

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Patrick

Last Name: Cowger

Job Title: LCSW

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The increase in alcohol use guidelines is clearly WRONG. Please, do not give problem drinkers the wrong message and tell them their use is acceptable.

Comment ID: 001964

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: mike

Last Name: jones

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: four drinks at a sitting can result in a drunk driving conviction. it doesn't match my definition of moderate. not close.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001965

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Rhonda

Last Name: Dunn

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Do you have teen aged kids? I do not want my kids to drink at all. To say that drinking 3 drinks per day is ok is wrong. This will cause more death related car accidents and domestic abuse.

Comment ID: 001966

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jeremy

Last Name: Connolly

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I think that dietary guidelines that deal with alcohol should reflect that it is a substance of abuse. Our society already encourages consumption of alcohol by having it available at most events; many aspects of our society encourage alcohol consumption. The fact is that alcohol is a serious problem for many people. Anything, such as these changes in dietary drinking levels, that encourages and gives people any excuse for more drinking is a disservice to all of us. Most of the people who drink also drive and they definitely interact with people. If the level of acceptable alcohol consumption is raised there will probably be an impact on traffic accidents, domestic violence, and individuals propensity for alcohol addiction.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001939

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Henry

Last Name: Holter

Job Title: Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Alcohol costs the taxpayer more than any other drug subject to abuse. It should be taxed to cover said costs and additionally to provide funding for those citizens who are chemically dependent and require treatment.

Comment ID: 001940

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Margaret

Last Name: Schneider

Job Title: administrative assistant

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am not in favor of changing the dietary guidelines for alcohol consumption (i.e., increasing the average daily intake that is acceptable for men and women). Doing so, I feel, would endorse increased consumption in a society that is already alcohol-saturated and dealing with the problems associated with alcohol abuse.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001910

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As an addictions counselor, I find the new dietary definitions for alcohol consumption quite concerning. There are numerous studies outlining the dangers of alcohol consumption. The health "benefits" of alcohol do not, in any way, outweigh the potential for harm in the form of addiction, health issues, family issues, mental health problems, job loss, domestic violence - the list goes on. Please do not raise the recommended limits of alcohol consumption. Too many people are in danger of developing a substance use disorder by drinking daily for their "health."

Comment ID: 001917

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Christine

Last Name: Olick

Job Title: Web Designer

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I do not think that the USDA should change the Dietary Guidelines for Americans to recommend an average (weekly) rather than daily consumption guideline. The proposed change amounts to an endorsement for most men to consume up to 4 drinks and for most women to consume up to 3 drinks on days they actually consume alcohol, which would increase alcohol intake daily and lead to alcohol addiction for many people. The proposed changes would adversely affect many people's health and amount to increased health care costs for the nation due to alcohol related diseases such as liver disease and obesity. Please keep the Dietary Guidelines for alcohol as they were - 2 daily drinks for men, and 1 daily drink for women.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001920

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Laurie

Last Name: S.

Job Title: Registered Nurse

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I have had much experience with the use and abuse of alcohol both professionally and personally. To suggest that three drinks a day is a safe level for a woman you obviously have not seen a 120 lb. female who has consumed a few long island ice teas at the bar get in her car and try to drive home. I can tell you the results were tragic! Another good argument would be to review the history of Moderation Management and it's founder Audrey Kishline. By increasing the daily drinking guidelines for moderate drinking, you are giving the impression that there is no implied harm. The effects of moderate drinking (as defined by this proposal) have major consequences, which I have personally witnessed over and over again in the Emergency room. I urge you to please reconsider this proposal, and do not change the guidelines. Thank you

Comment ID: 001932

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: James

Last Name: Gaidry

Job Title: Mr.

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As someone who has worked professionally as an addiction professional for over 20 years, I urge caution about implementing the proposed revised guidelines on what is safe ethyl alcohol consumption. Many of my clients drank alcohol in excess on weekends only and avoided drinking alcohol on work days. If they averaged their alcohol consumption on a weekly basis they could conceivably be able to say they met the proposed guideline of average weekly alcohol consumption which is un harmful. Women and the elderly who drink mainly on the weekends or on one or two days of the week could very likely meet the average weekly guideline of alcohol consumption and yet be significantly impaired and exceed the legal blood alcohol concentration level for operating a motor vehicle on the day that they choose to drink alcohol beverages.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001864

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name: Addiction Recovery Resources

First Name: Donna

Last Name: Doolen

Job Title: Residential COounselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please trash this idea! Without studies or with studies, it isn't rocket science that endorsing alcohol consumption will increase heart disease, cancer and highway mortality rates. PLEASE!

Comment ID: 001865

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Sharon

Last Name: Brass

Job Title: Attorney/Teacher

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Your new guidelines would allow binge drinking on a weekly basis. I have seen too many people with disease and legal problems because they binge drink on the weekends!

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001861

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title: Counselor in Training

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The proposed new dietary recommendations for the next proposal of 'safe' limits on alcohol consumption, appears on the surface to be insignificant. However, small changes such as these, have been, in my experience, only the beginnings of even greater changes in the future. After reading comments from many of my peers across the country, I am inclined to agree that this proposal has the political 'fingerprints' of the alcohol industry written all over it. To raise the amount of alcohol consumption into the range of what is considered presently to be in a moderate, and potentially dangerous level for the potential AOD (alcohol and other drug) abuser, both present and future, is to add more negative legislative attempts to control a war on drugs and alcohol, that has already, and continues, to spiral out of control. I strongly urge that this increased level NOT be enacted.

Trudy Nelson, BSc, MD, CIT(LAC)

Comment ID: 001876

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Karen

Last Name: Kong

Job Title: Prevention Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: First, why do the US Dietary Guidelines have Alcohol consumption as part of a regular diet? With more than 90% of the research showing a detrimental effect on alcohol on health, it begs the question, why consume alcohol as part of a daily diet. Second, by increasing the number of drinks that is 'moderate' to a level that is so close to the 'binge' level, it confuses the issue. Lastly, research shows that youth listen to their parents and watch their behavior to determine what is appropriate. If the USDA and their parents feel the need to have 4/3 drinks on average, it sends a confusing message about drinking. Most teens think drinking alcohol is specific to getting drunk and these new guidelines prove it. BAC = for a 140lb woman...3 drinks is legally drunk. (.10)

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

My recommendation is to remove the alcohol section for the guidelines altogether. If that is not possible, please leave the recommended levels the same as the 2005 guidelines (at 2/1).

Comment ID: 001889

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Cherylynne

Last Name: Crowther

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please DON'T switch from a daily to average consumption measurement for alcoholic beverages. There are multiple reasons to stay with the existing guidelines.

One, the research on alcohol's benefits lacks any trials with randomized control groups. Given the problems we've seen with FDA-approved drugs that do require rigorous studies, there's a real threat to making claims without better structured peer-reviewed research.

Two, the alcohol industry's drive for business could take these recommendations--both the average rate and the "benefits"--and seriously abuse them. I recall the oat bran craze of the late 80's and then shudder to think how dramatically increased alcohol consumption could be spun by an effective marketing campaign.

Thirdly, as most importantly, as someone who has dealt with alcohol abuse directly and helped family and friends, these new guidelines provide an easy, easy excuse to go beyond an "average day."

Please reconsider these guidelines on behalf of the public and against the wishes of large corporations looking to move more product.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001892

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Marylynn

Last Name: Windish

Job Title: Licensed Professional Counselor; Co-Occurring Disorder Professional-Diplomate

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The Centers for Disease Control and Prevention (CDC) ranks alcohol as the third leading cause of preventable death in the United States.
The USDA "average" 4 drinks per day would easily put someone over the legal limit to operate a vehicle. I for one am sickened by the increasing amount of vehicular homicides caused by drunk drivers and the neverending news reports of "hit and runs" killing everyone from young children to the elderly.
This dietary 'recommendation' would authorize a behavior that enlightened public health and safety professionals in this country have been trying very hard to eliminate (for decades).
Is there any information, any warning or "black box" label that would alert one to be aware of a possible genetic predisposition to alcohol dependence, risk of cancer, high blood pressure, coronary heart disease, obesity, liver disease etc. before considering consuming the daily amount of alcohol now being considered as "moderate"? How about warning about the dangers of an increased risk of domestic violence, child physical/sexual abuse, assaults, gun violence, rape and other crimes that are connected to alcohol abuse?
A govt whose public health policies chronically underfund addiction treatment services while it collects billions in alcohol taxes, then promotes "dietary guidelines" encouraging increased alcohol consumption is morally and socially irresponsible.
We need to oppose the USDA and develop responsible, safe, health-promoting, medically confirmed guidelines and require that this information be widely published and posted in places that serve and sell alcohol. We need a stronger public health voice to compete with the alcohol industry's unlimited and well-financed manipulation of our media and marketplace. We can not now allow the publically funded USDA Dietary Guidelines to assist the alcohol industry in "pushing" to normalize alcohol abuse.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001895

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name: Sunrise Centers

First Name: Mathew

Last Name: LaBarge

Job Title: Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a professional that deals with the often catastrophic outcomes, daily, of already "socially" approved alcohol consumption, it is my great concern that there is ANY thought of increasing alcohol consumption guidelines. Already, there is the encouragement, advocacy, and downright enthusiasm, socially, for drinking, quite often to utter excess. The resulting DUI's, deaths, injuries, health problems and addiction issues are an economic as well as social nightmare. It is utterly irresponsible to consider increasing guidelines. Perhaps this increase is the result of yet more lobbying and corporate governance, trying to make good for the alcohol industry? In any event, simple common sense, let alone research, should be enough to discourage proposing increases. Already, patients fail to control or moderate their drinking because it is so socially entrenched as a more than acceptable "enhancer" to life. But, it enhances nothing, and the risks FAR outweigh the benefits. I hope you'll reconsider.

Comment ID: 001246

Submission Date: 06/26/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Rene

Last Name: Sugar

Job Title:

Key Topic: Alcoholic Beverages, Carbohydrates, Food Safety

Sub Topic:

Attachment: Y

Comment: Comments on carbohydrates, fatty acids, alcohol and food safety.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 000970

Submission Date: 06/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Angie

Last Name: Ford

Job Title:

Key Topic: Alcoholic Beverages, Food Safety, Nutrient Density/Discretionary Calc

Sub Topic:

Attachment: N

Comment: I would like to see food and drinks clearly labeled when an artificial sweetener is used. Many of the sweeteners are associated with migraines and are not easily decipherable on the list of ingredients as they seem to be "hidden".

Comment ID: 001484

Submission Date: 07/09/2010

Organization Type: Industry Association

Organization Name: Parkers Tavern

First Name: Pam

Last Name: Parker

Job Title: co-owner

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: My husband and I own a bar in Ohio, which has a draconian smoking ban. The ban has put hundreds of us out of business, 313 in the first year alone (1/8 of the businesses we had prior to the ban. There are MANY of us who truly believe that those who funded smoking bans did so to close down family bars, taverns, pubs and private clubs. Why else would they have lied about to voters and legislators that the ban would not hurt our businesses. I URGE you to not listen to any more of these nanny groups who want to control our lives, interfere in our businesses and our rights to parent. I only found out about this legislation because one such nanny organization emailed their mass email lists to have them contact you to OPPOSE this legislation. I do NOT. I SUPPORT IT. This country is already in bad economic trouble. Losing more businesses and jobs is NOT what this country needs. The special interests like the group suing McDonalds over their happy meal toy need to be STOPPED. WE'RE TIRED OF IT.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001676

Submission Date: 07/12/2010

Organization Type: Industry Association

Organization Name: The Center for Health Affairs

First Name: Pamela M

Last Name: Waite

Job Title: Direction Healthcare Workforce/NEONI Operations

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a psychiatric-mental health nurse of 30+ years, and member/past President of the Lorain County ADAS Board, I am very concerned about the new dietary guidelines for alcohol consumption. It sends the wrong message to folks who are active users/abusers who rationalize their use which is part of the disease. And I think that it will give a false sense of security to individuals in general. Thank you for your consideration of this feedback.

Comment ID: 001926

Submission Date: 07/14/2010

Organization Type: Industry Association

Organization Name: Wine Institute

First Name: Robert

Last Name: Koch

Job Title: President and Chief Executive Officer

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Wine Institute supports the recommendation of the Dietary Guidelines Advisory Committee (DGAC) that if alcohol is consumed, it should be consumed in moderation, and only by adults. We further agree with the definition of a "drink" as being 12 fl. oz. of regular beer, 5 fl. oz. of wine, or 1.5 fl. oz. of distilled spirits.

We have seen other comments that suggest that the guidelines would be clearer if they also include an additional statement that each of the drinks contains the same amount of alcohol of 0.6 fluid ounces. We disagree with this suggestion because we believe such information would only tend to confuse consumers. One of the goals of the guidelines is to provide information to consumers that is easily understood. The addition of a statement that includes a fluid ounces of alcohol statement would complicate a consumer's comprehension of the guidelines.

Research scrutinizing the Nutrition Labeling and Education Act (NLEA) has shown that consumers process information using simplifying heuristics. Consumers rely on easy-to-digest health claims and descriptive nutrient-content claims rather than on the more comprehensive and complex Nutrition Facts panel. Consumers unfamiliar with alcohol

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

expressed as fluid ounces may be misled into believing that the statement is making a separate nutritional statement, and the inclusion of such a statement may lead to advertising claims that may foster additional confusion.

We urge you to maintain the current time-tested definition of a "drink" as being 12 fl. oz. of regular beer, 5 fl. oz. of wine, or 1.5 fl. oz. of distilled spirits. Wine Institute commends the work of the DGAC and appreciates the opportunity to submit these comments.

Comment ID: 002142

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: Beer Institute

First Name: Michael

Last Name: Roche

Job Title: Chairman, Management Committee

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The Dietary Guidelines for Americans ("Guidelines") are an important source of information for legal drinking age consumers to weigh the risks and benefits of alcohol beverage consumption in the context of a healthy diet. The 2005 Guidelines properly rejected defining a "standard" drink of alcohol in favor of "example serving", rightly included specific information on caloric content, and showed a balanced approach to the subject of moderate alcohol consumption.

We urge retention of the "example serving" language for the purposes of discussing responsible alcohol consumption and urge continued rejection of defining a "standard" drink. By using "example servings," the 2005 Guidelines chose not to create a definition for a "standard" drink. To suggest that there is a "standard drink" or that all alcohol beverages are the same would be false and misleading to consumers.

The equivalence argument is misleading to consumers because the Guidelines include specific recommendations about alcohol consumption. Consumers should not be told that two drinks containing liquor are the same as two beers. Cocktail recipes on popular Web sites contain a wide range of alcohol of various strengths. For example, the recipes for the top 20 of the "Top 100 Drinks" on BarMeister.com contained 1 to 10 ounces of liquor. The notion that a drink with ten ounces of liquor is equal to a beer is false.

In bar situations or at home, liquor is often "free-poured" without using a jigger or shot glass. "Over pours" are also common practice even when a measurer is used. So even simple mixed drinks such as a rum and coke can have far more than the recommended 1.5 ounces of 80-proof liquor. Any suggestion that there is a "standard" drink containing liquor or that such a drink is comparable to a 12-ounce beer is highly misleading.

Table 16 in the 2005 Guidelines compared the calories in one ounce of beer, separated into regular and light beer, wine and spirits and demonstrates the significant differences among the beverage categories. In order to best educate consumers, Table 16 and its accompanying language should be retained in the next edition of the Guidelines.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002181

Submission Date: 07/19/2010

Organization Type: Industry Association

Organization Name: Distilled Spirits Council of the United States

First Name: Monica

Last Name: Gourovitch

Job Title: Senior Vice President Scientific Affairs

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The following comment was submitted on 7/15 prior to 5:00 pm, but did not upload to the database due to system constraints. - The Distilled Spirits Council is a national trade association representing producers and marketers of distilled spirits sold in this country. The Dietary Guidelines Advisory Committee's proposed change to the current beverage alcohol Guideline defines moderation in terms of the average number of drinks consumed per day and per week in addition to average weekly limits. This recommendation was the result of a comprehensive scientific evidence-based review and an effort for agencies to speak with one voice on alcohol recommendations, as urged by the 2005 Dietary Guidelines Advisory Committee. Additionally, research shows that communicating the facts about a standard drink will help consumers follow the alcohol Guideline. To make it easier for consumers to follow moderation recommendations and to achieve greater consistency across agencies that make alcohol recommendations the following definition should be used: A standard drink is defined as: 12 fl. oz. of regular beer (5 percent abv), 5 fl. oz. of wine (12 percent abv), 1.5 fl. oz. of 80-proof distilled spirits (40 percent abv). Each standard drink contains 0.6 fl. oz. of alcohol.

Comment ID: 001937

Submission Date: 07/14/2010

Organization Type: International Organization

Organization Name: International Scientific Forum on Alcohol Research

First Name: R. Curtis

Last Name: Ellison, MD

Job Title: Co-Director, International Scientific Forum on Alcohol Research

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The International Scientific Forum on Alcohol Research is a joint undertaking of the Institute on Lifestyle & Health of Boston University School of Medicine in the United States and Alcohol in Moderation (AIM) of the United Kingdom. Its Co-Directors are R. Curtis Ellison, MD, Professor of Medicine & Public Health, Boston University School of Medicine, and Helena Conibear, Executive Director, Alcohol-in-Moderation (AIM), UK

The Forum consists of an international group of invited physicians and scientists who are specialists in their fields and committed to balanced and well researched analysis

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

regarding alcohol and health. The Forum includes epidemiologists, statisticians, and basic scientists; cardiologists, hepatologists, neurologists, oncologists, and other medical practitioners; psychologists and social scientists; and specialists in social matters, psychology, and public health.

The functions of the Forum are to

1. Periodically provide on its open web-site timely critiques and comments by Forum members on emerging scientific publications and policy statements related to alcohol and health.
2. Periodically provide Summary Statements on selected topics related to alcohol and health.
3. Provide an Archive of previous reports on scientific research related to alcohol and health.
4. Provide an opportunity for all to seek expert opinion on topics related to alcohol and health.

The web-site is www.bu.edu/alcohol-forum.

Comment ID: 001521

Submission Date: 07/09/2010

Organization Type: International Organization

Organization Name: ViFukoFuko Adolescent Recovery Center

First Name: Caroll

Last Name: Fowler

Job Title: Founder and Member of the Board

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a professional in the field of addiction with the knowledge of how much alcoholism affects everyone, and knowing how much alcohol interferes with the development of adolescents since there is so much use, lowering the standards can only lead to further problems. Can't we put our energies into safer decisions that will assist in lowering the amount of problems alcohol causes our society.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001522

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Trinity Services, Inc / Illinois NOFAS

First Name: Ajeet

Last Name: Charate

Job Title: Fetal Alcohol Spectrum Disorders Program Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Dangerous Consequences of Alcohol Consumption During Pregnancy: Alcohol is a dangerous TERATOGEN. It is a threat to health and safety of the unborn leading to public health issues for the community.

As we define average or moderate consumption of alcohol by women. one has to also clearly and consistently communicate to women, the risk of prenatally exposing their unborn child to the damaging and lifelong affects of alcohol.

OF ALL THE SUBSTANCES OF ABUSE ALCOHOL BY FAR HAS THE MOST SERIOUS NEUROBEHAVIORAL CONSEQUENCES ON THE DEVELOPING FETUS.

Every time a pregnant women has an alcoholic drink her unborn child has one, too. The blood alcohol content of the fetus becomes equal to or greater than that of the mother. This puts the fetus at risk of having a fetal alcohol spectrum disorder (FASD). In the U.S. over 50 % pregnancies are unplanned. Teen pregnancies and alcohol consumption is on the rise. 1 in 10 women report drinking alcohol during pregnancy. The range of effects of FASD includes physical, mental, behavioral and learning difficulties with possible lifelong implications. Some researchers believe that the incidence of FASD in school age children is as high as 2-5%.

FASD is 100% preventable, if only women abstain from drinking alcohol during the 9 months of pregnancy or quit drinking once a women finds out that she is pregnant.

Please help to educate women about this risk and share the information with the society. FASD is an "invisible disability", Roughly 40,000 infants are born with FASD every year. The life long cost of caring for a person with an FAS is roughly \$ 2 million and to the nation \$ 6 billion each year. Please visit www.nofasillinois.org for further information

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001533

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name: John

Last Name: Holmquist

Job Title: retired educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Suggested guidelines encourage alcohol consumption.

Please reconsider.

Comment ID: 001512

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Midland Area Partnership for Drug Free Youth

First Name: Richard

Last Name: Skochdopole

Job Title: Board Member

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I strongly believe that evidence shows that we should leave the suggested guidelines for alcohol consumption as they currently are.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001510

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Pacific Institute for Research and Evaluation

First Name: Paul

Last Name: Gruenewald

Job Title: Scientific Director, Senior Research Scientist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The dietary guidelines provided by USDA are intended to help promote health behaviors among persons in the US. The recommendations with regard to alcohol consumption are a troubling departure from prior guidelines, based on drink-per-day limits, to measures of average consumption. The new recommendations could be interpreted to suggest that men could consume 4 drinks up to three times per week and women consume 3 drinks up to twice per week. Clearly this is not low risk drinking. Drinking at these levels can lead to numerous harmful consequences. For example, recent published studies of college drinking indicate that the majority of harms related to alcohol use take place when men and women consume between 2 and 4 drinks per occasion (see attachment).

Comment ID: 001514

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: The Beacon House Association of San Pedro

First Name: Luis

Last Name: Lozano

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am writing to express my opposition to the proposed dietary guidelines that would increase alcohol intake on a daily basis. Alcohol continues to be one of the biggest contributors to disease, death, accidents and driving under the influence. Costs to society increase as the consumption of alcohol increases. Increasing the recommended daily consumption, even if suggested will convey the message that it is ok and socially acceptable. Study after study suggests that increase in consumption is a health risk and a risk to the safety of others. I urge you to reconsider your proposed guidelines.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001507

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Guiding Light Mission

First Name: Brian

Last Name: Plumhoff

Job Title: Case Manager - Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I work in a residential recovery program. Many of the men in our program have addictions to alcohol. The proposed changes in the alcohol guidelines will only further provide excuses for those struggling with alcohol. I can't count the number of times someone has said "I was only going to drink one drink". Their "one drink" ended up being a case or more every day for months and/or years. These guidelines basically allow someone to get totally intoxicated but still maintain some normality most of the time. This could lead to changes in the alcohol limits for driving, thus increasing the issues there. It's time that men and women step up, and be responsible and live life to the fullest that God intended without depending on "substances" to make us happy or to convince us that we are having a "good time".

Comment ID: 001497

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Bucks County Drug & Alcohol Commission, Inc.

First Name: Margaret

Last Name: Hanna

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: I fully support the comments and position of Timothy S. Naimi, M.D., M.P.H., Boston Medical Center Boston, MA as submitted and noted by Join Together opposing a change in the guidelines for alcohol intake

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001504

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Coastal Coalition for Substance Abuse Prevention

First Name: Anne

Last Name: Hardison

Job Title: Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Our youth and children have enough mixed messages about alcohol use. In NC in 2007, we spent \$1.4 BILLION on underage drinking. As a state and local community, we have to be able to depend on the USDA to reflect the low consumption guidelines as outlined by the US DHHS in 1995. Please do not allow the alcohol and beer industry to continue to provide the guidelines for alcohol consumption in this country. This is truly not about prohibition but if you choose to drink, please provide citizens with the right information so that they can make healthy choices if they choose to do so. The Coastal Coalition for Substance Abuse Prevention, a five-county coalition in eastern NC is getting ready to rollout a major social marketing campaign on low consumption guidelines for alcohol. This campaign is in partnership with US Marine Corps installations Camp Lejeune, Cherry Point and New River Stations. United for Health - The Domino Strategy (TM) for Responsible Alcohol Use will utilize all forms of media to finally define what is "drink responsibly". It is our hope that the USDA will not sit on the fence and choose to clearly define the public health message of 0-1-2 - The Domino Strategy (TM). Just as with obesity, we are facing a national crisis with the astronomical costs associated with alcohol treatment and recovery, as well as its connection to the obesity issue and the impacts of alcoholism as a chronic disease. This is the USDA's opportunity to clearly make a statement regarding this very important public health message. If we consume more calories than we expend... we have a problem. If we go beyond the 0-1-2 message of low consumption, the dominos begin to tumble... rape, domestic violence, alcohol related car injuries/deaths, suicide, and the list goes on and on. Obesity leads to tremendous problems with chronic disease and illness. But alcohol abuse clearly has bigger consequences that effect those who choose not to drink or over indulge. Get a backbone!

Comment ID: 001551

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not change your guidelines that would promote an increase in alcohol consumption. This will drastically have a negative effect on families and children. These new

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

guidelines will ensure an increase in people needing alcohol recovery services. This is good for private treatment facilities, but will put an added burden on low income, underinsured citizens, as well as public funded AOD services.

Comment ID: 001520

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Project Vox

First Name: Joelene

Last Name: Beckett

Job Title: Co-Chairman

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Aghast is the only word I used when I read that the guidelines for alcohol consumption would be changed and the new criteria. In this struggling economy why would we want to put more money into the alcohol industry, more people in rehab. and more drunk drivers on the street. Abuse of any and most drugs seems to be the norm these days and alcohol is the easiest to access as well as socially accepted. The abuse and medical issues need to be looked at more closely which I believe will substantiate my claim that this a ludicrous idea and needs to be stopped.

Comment ID: 001556

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Community Voices

First Name: Michelle

Last Name: Plourde Chasse

Job Title: Project Manager

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Guidelines suggesting an increase in alcohol consumption could further threaten the safety of society and health of individuals. According to the WHO, alcohol is one on the top five causes of death and disability in the world, and one of the top four causes of each of the top four preventable causes of death. At best, let's keep the suggestions as they are, or better yet, let's promote guidelines of less alcohol use -alcohol related issues are already a public health burden and carry enough familial, societal, and health ramifications.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001581

Submission Date: 07/10/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Royal Oak Community (Prevention) Coalition

First Name: Diane

Last Name: Dovico

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The current US Dept of Agriculture's 1 drink per day for women and 2 for men is unrealistic and therefore ignored by most. As a 20 year professional in the Substance Abuse Prevention field, it made us sound like teetotalers and we were not taken seriously.

Several years ago, there was a national and state wide effort to promote a 0 - 1 -3 guideline which most people could agree with:

0 drinks if you are underage, have a chronic illness, taking medication or have a family history of alcoholism, driving or operating machinery.

1 drink per hour and

No more than 3 per occasion.

The guideline I just defined, is reasonable, provides a cautionary message while acknowledging most people can drink reasonable amounts of alcohol and not cause any harmful consequences.

The guidelines were researched based and disseminated by Prevention Research Institute

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001579

Submission Date: 07/10/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Lake Area Counseling

First Name: Kenneth

Last Name: Blackman, Ph.D.

Job Title: CEO

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Alcoholic beverage consumption especially the new generation "combo" drinks-energy plus alcohol are dangerous and designed to encourage over consumption especially by underage and individuals in the early twenties. We already have an epidemic in the country and these new beverages will contribute to our nation's problems with alcoholism and obesity.Limits should not be increased but they will encourage more consumption and the guidelines will used by drinkers to encourage their non drinking friends to join them because the USDA says it is safe.

Comment ID: 001545

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name: Karen

Last Name: Jarczyk

Job Title: Prevention Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Regarding the alcohol section of the 2010 dietary guidelines for Americans. I am speechless reading the proposed guidelines. Talk about taking a step in the wrong direction.... and in the name of public health.
I have worked in the prevention field for 25 years and there is no way that the proposed guidelines should be considered healthy. I am not convinced that guidelines around alcohol even belong in such a document. Please reinstate the old guidelines, 2/1 per day for men and woman respectively.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001567

Submission Date: 07/10/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Special Needs Advocates and Parents

First Name: Barbara

Last Name: Vancil

Job Title: Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: FASD or Fetal Alcohol Spectrum Disorder needs to be considered a serious topic and needs a SECTION of it's own. The damage by a pregnant woman drinking alcohol happens all through pregnancy and can continue after birth if she is breast feeding. This is the leading cause of Mental retardation and yet is 100 percent preventable!

Comment ID: 001392

Submission Date: 07/07/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Prevention Partnership International

First Name: Rosemary

Last Name: Tisch

Job Title: Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am in complete agreement with Marin Institute's comments. (1) The change to average consumption is dangerous. Drinking 4 drinks per day, three times a week for men and 3/twice a weekly for women poses serious risks to the general public and should not be recommended by any agency concerned about public health. There have been zero randomized controlled trials?the gold standard for scientific evidence, required by SAMHSA for listing on their National Registry of Evidence Based Programs and Practices ? for low alcohol consumption levels and mortality outcomes to date. There are a myriad health risks including cancers and chronic illnesses associated with drinking. Many cardiologists do not yet believe the studies on the relationship of red wine and heart disease ? saying ?no one has controlled for the social aspect of one drink with a meal?. Without such evidence, we should remain as conservative as possible when drawing scientific conclusions regarding any alleged health benefits of moderate alcohol consumption.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001393

Submission Date: 07/07/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Bridge the Gap Ministries of North America, Inc.

First Name: Michelle

Last Name: Anzivino

Job Title: Vice President/COO

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am writing to urge revision of the 2010 Dietary Guidelines Advisory Committee Report to resist alcohol industry's influence on increasing the amounts defined as "moderate drinking." Research claiming health advantages for drinking more than one or two drinks per day and more than 7 drinks per week or women, more than 14 drinks per day for men, is primarily financed by the Industry and is highly suspect. The best research available that is NOT financed by the Industry shows that even levels of drinking defined as "moderate" in the 2005 Guidelines can increase likelihoods of breast cancer, hypertension, and a variety of kinds of heart disease. The brain damage caused by even one drink for teens and young adults under the age of 25 - 30 is also ignored in the Guidelines.

Comment ID: 001362

Submission Date: 07/06/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Marin Institute

First Name: Sarah

Last Name: Mart

Job Title: Research & Policy Manager

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: We are extremely concerned about the alcohol recommendations contained in the Report. They suggest that increased daily consumption is safe; that the uncertain health benefits from alcohol consumption outweigh the known risks; and that public health messages should include alcohol consumption for both patients and the general public. All of these suggestions are not only questionable, but also potentially dangerous. Moreover, they represent a significant departure from previous recommendations but without nearly sufficient scientific basis to justify such a shift.

We are especially concerned that despite the Report's caveats, the industry will use the new recommendations to promote alcohol consumption and increased consumption. We strongly encourage the Committee to review and reconsider the evidence base regarding the health outcomes from alcohol consumption, with regard to our concerns outlined herein. We also ask that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

to the public. Finally, we recommend that the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol.

We urge you to err on the side of caution when recommending safe alcohol consumption levels and behaviors to improve health and prevent harm. The Report's suggestions are not conservative, far from it. We also refer you to comments on this topic from Tim Naimi, MD, MPH, of the Boston Medical Center.

Please see attached PDF for our full comments in addition to this summary statement.

Comment ID: 001374

Submission Date: 07/07/2010

Organization Type: Nonprofit/Voluntary

Organization Name: FACE

First Name: Daniel

Last Name: Varner

Job Title: Operations

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The Report suggests that alcohol consumption guidelines be based on average consumption, rather than per-day consumption (as the current Guidelines recommend). The Report also states that drinking up to 4 drinks per day, three times a week for men and 3 drinks per day, twice a week for women would constitute "moderate" drinking, as long as the average limits over one week are not exceeded. This type of drinking behavior poses serious risks to the general public, and should not be recommended by any agency concerned about public health.

Comment ID: 001410

Submission Date: 07/08/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Fetal Alcohol Syndrome Information Network

First Name: Peggy

Last Name: Oba

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Your new dietary guidelines for 2010 vastly underestimate the damage caused by a woman's drinking before, during and after pregnancy. You have large sections devoted to cardiac problems., etc. but fail to strangely emphasize the lifelong damage caused by prenatal exposure to alcohol.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

I am extremely disappointed that you have not read the NIAAA Special Reports to Congress on Alcohol and Health. A cumulative study from 1973 to 2000, it covers a great deal of materials you have left out of your guidelines.

In consideration of how much these guidelines will affect the health and productivity of our nation's children, I strongly suggest you emphasize the need for complete abstinence before during and after pregnancy, especially if the mother is nursing her child.

Comment ID: 001386

Submission Date: 07/07/2010

Organization Type: Nonprofit/Voluntary

Organization Name: FACE Board

First Name: Cynthia

Last Name: Agle

Job Title: RN Vice Chair

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not change the dietary guidelines for alcohol consumption to please the alcohol industry. Current dietary guidelines were established based on research on what is healthy and safe. Any increase could encourage unhealthy and unsafe use alcohol.

Comment ID: 001396

Submission Date: 07/07/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Recovery Consultants

First Name: Janet

Last Name: Littlejohn

Job Title: Director and Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I believe the current state of alcohol consumption is dangerously high. For the USDA to tolerate and condone ANY use of a toxic chemical in the daily food guidelines is abhorrent and irresponsible for a government agency. Alcoholism is our country's #1 health issue and by providing "usage" amounts to 1/3 of our population (who are risky drinkers or already alcoholic) is negligent. I respectfully request that the USDA NOT include alcoholic beverages or usage in their guidelines.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001397

Submission Date: 07/07/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Asian American Center of Santa Clara

First Name: Eury

Last Name: Ramos

Job Title: Volunteer

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Problems resulting from alcohol use and abuse cost the taxpayers hundreds of millions a year. Please don't add more problems to us; we can do without!

Comment ID: 001423

Submission Date: 07/08/2010

Organization Type: Nonprofit/Voluntary

Organization Name: TERROS

First Name: Manuel

Last Name: Medina

Job Title: VP of Diversity

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: While on the surface the recommendations for alcohol consumption appear reasonable, in sufficient attention is given to the risk of early age use and the addition process for people. It would be helpful if there could be some mention of and referral to a risk assessment sites

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001418

Submission Date: 07/08/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Regional Prevention Center at Mirror Inc.

First Name: Lisa

Last Name: Blume

Job Title: Community Consultant

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The American public needs to focus on consuming more fruits and vegetables and omega-3 fatty acids. I feel that any mention of alcohol is taking away from the main message. Alcohol consumption is not necessary for a healthy diet, its expense takes away from food budgets, and most Americans do not judge their alcohol consumption correctly. In addition, guidelines of 1 drink for women, 2 for men - daily does not take into account individual tolerance. I fear that inclusion of these guidelines will simply give America a green light to consume alcohol daily and give alcohol companies a new platform for advertising.

Comment ID: 001401

Submission Date: 07/07/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Mesilla Valley DWI Resource Center

First Name: Joanne

Last Name: Ferrary

Job Title: Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: We are especially concerned that despite the Report's caveats, the industry will use the new recommendations to promote alcohol consumption and increased consumption. We are already fighting a battle against the consequences of alcohol abuse, we don't need recommendations to encourage non-drinkers to start or minimal drinkers to drink more!

We ask that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public.

We specifically ask that the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

This is a dangerous position to take and the alcohol industry will surely take advantage of this recommendation!

Comment ID: 001425

Submission Date: 07/08/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Pathways Regional Prevention Center

First Name: Amy

Last Name: Jeffers

Job Title: Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: In Response to the Alcohol Section of the 2010 Dietary Guidelines for Americans --

I am extremely concerned about the alcohol recommendations in the new guidelines that suggest increased daily consumption of alcohol is safe. I have worked for 10 years in substance abuse prevention and spent four years before that as an Child/Adolescent Therapist. I have seen the negative consequences of alcohol use and abuse. These new guidelines are short-sided and will increase the risk to individuals creating negative impact on families and communities.

Comment ID: 001456

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: The Council of Southeastern Pennsylvania, Inc.

First Name: Stacey

Last Name: Conway, PhD.

Job Title: Manager, Information/Intervention

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: It seems that the language around eliminating alcohol consumption during pregnancy could be stronger. At least twice the text states that "even daily moderate" consumption can produce negative effects. This is certainly true, but the phrasing makes it seem that perhaps less than daily use may be safe. Yet we know that there is no known safe threshold of consumption. I would check with SAMHSA's FASD Center for Excellence for appropriate language on this issue. www.fascenter.samhsa.gov. Thank you.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001473

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name: Kim

Last Name: Henderson

Job Title: Staff Development

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please reconsider the proposed changes to the guidelines regarding consumption of alcoholic beverages as they appear to indicate consuming MORE alcohol is actually healthier. I am gravely concerned that the alcohol industry will mislead consumers with these changed guidelines, that those who currently drink will use these to convince themselves there is no problem. Increased drinking is linked to increased deaths -- from vehicular accidents and other injuries. Thank you.

Comment ID: 001461

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I'm writing to ask you NOT to adopt the new alcohol consumption guidelines and to keep the current guidelines of 2/1 a day. I teach alcohol and drug education classes to court-ordered individuals. Many of them have substance abuse issues but are in denial. The liquor industry will capitalize on these new suggested guidelines and make it look and sound OK to drink 4 drinks a night. The general public will not hear the "weekly average" caveat. The last thing a problem drinker needs to hear is that the USDA guidelines have increased the daily allowance for the consumption of alcohol! Please don't give them one more excuse to drink! Thank you for considering my sincere request to keep the current guidelines on alcohol consumption the same.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001431

Submission Date: 07/08/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Parents Supporting Parents

First Name: Mary

Last Name: Browning

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Alcohol consumption affects the fetus (and the person ALL his/her life) throughout the entire pregnancy. The brain is developing during the entire pregnancy and alcohol is toxic to the brain throughout the pregnancy. The report should not suggest that it does not matter if a pregnant woman drinks in the latter stages of her pregnancy.

I am the adoptive mother of two sons, now 40 and 42, who both are victims of FASD (Fetal Alcohol Spectrum Disorder). They appear to be "normal" as the facial features that are a part of FAS (Fetal Alcohol Syndrome) only occur if alcohol is consumed in the 3rd week of pregnancy, but they are still affected--their ability to be logical, to resist impulsivity, to manage finances, to be able to concentrate, to remember, to learn from experience, to read social situations correctly, etc., etc., etc.

Although it is known that binge drinking is particularly bad for a fetus, it is not known how much alcohol is "safe" (and it IS known that it varies from individual to individual), so it is very important to counsel women NOT to drink during their pregnancy AT ALL. It is not fair for the person that will be born and have to struggle to cope with ordinary life situations forever, and it is not fair to the people who end up parenting these children, or to the society that pays in many ways for the inevitable mistakes these affected individuals make.

Comment ID: 001465

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Brainstormers Inc.

First Name: Constance

Last Name: Kosuda

Job Title: Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: this is dangerous - I can only assume that the government wishes for more citizens to "self-medicate" in an attempt to sedate them in this time of economic and social devastation.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

that is a dangerous and ill-conceived objective - it pushes medical costs resultant thereto upon already over-stressed communities. (unless the further objective is to drink into oblivion and then death) very disturbing indeed - you should rethink this thoroughly.

Comment ID: 001482

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Apache County Drug-Free Alliance

First Name: Don

Last Name: Goodman

Job Title: Program Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The influence of the opinion of the federal government on many key issues is large. I fear that your proposed guidelines for alcohol could end up being misinterpreted by many and exploited greedy corporate entities. The effect would be exacerbation of an already huge public health problem. The number of people in our country who are affected by alcohol abuse either directly or indirectly is huge. The cost to all of us in terms of healthcare costs and crime is staggering. I urge you to seek a more cautious and judicious stance on the use of alcohol in America!

Comment ID: 001491

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Council on Addiction Recovery Services, Inc.

First Name: Michael

Last Name: Johnson

Job Title: Addictions Counselor/Residential Case Mgr

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As to the dietary information on alcohol. An average rather than a flat number would allow for more alcohol.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001687

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Council on Alcoholism and Addictions of the Finger Lakes

First Name: Nelson

Last Name: Acquilano

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The ONLY Dietary Guidelines we will continue to profess are those published in 1991 that state that "The Consumption of Alcohol is NOT Recommended.

The Alcohol Industry pressured the government to rescind those guidelines... and the government bowed to the pressure of the industry.....

Please review our fact sheet.... again, we strongly urge the federal government to tell the truth about the Number One Public Health Problem we have today!

Remember, alcohol is a toxic, powerful and addictive drug! Every day it kills over 350 Americans, and leaves thousands more in hospitals, psychiatric institutions, jails and prisons, and family court.

As a Health Care Professional, I say that the consumption of alcohol is NOT recommended!

Nelson Acquilano
LMSW, CASAC, CPP, MPA

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001649

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: National Council on Alcoholism and Drug Dependence of Middlesex County

First Name: Linda

Last Name: Surks

Job Title: Preventionist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am extremely concerned about the alcohol recommendations contained in the 2010 Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans. They suggest that increased daily consumption is safe; that the uncertain health benefits from alcohol consumption outweigh the known risks; and that public health messages should include alcohol consumption for both patients and the general public. All of these suggestions are not only questionable, but also potentially dangerous. Moreover, they represent a significant departure from previous recommendations but without nearly sufficient scientific basis to justify such a shift.
If presented as proposed, the alcohol industry will surely use the information to promote alcohol use and increased consumption. I urge you to err on the side of caution when recommending safe alcohol consumption levels and behaviors to improve health and prevent harm.

Comment ID: 001669

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Regional Prevention Center of the Flint Hills

First Name: Teresa

Last Name: Walters

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The oft-used saying that "If you give them an inch, they'll take a mile" applies to the latest recommendation to change the dietary guidelines for alcohol to an average weekly intake rather than the previously used average daily consumption rate.

When the suggested amount is stated on a daily basis, it stresses the importance that no more than 1 drink per day on average for a woman and 2 drinks per day on average for a man are a less risky standard for alcohol consumption. When the numbers are stated as a weekly average I believe it will be misinterpreted and will lead to over-consumption. Using the 14 drink per week average, a man could feel justified to consume 5 drinks one day and 9 the next, for example.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

While it is true that most people do not consume an alcoholic beverage daily, stating the suggested guidelines at that level is more easily understood.

Comment ID: 001672

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Snoqualmie Valley Community Network

First Name: Kristy

Last Name: Trione

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Profit should be measured by health, not dollars to corporate interests.

We are especially concerned that despite the Report's caveats, the alcohol industry will use the new recommendations to promote alcohol consumption and increased consumption.

I ask that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public.

We specifically ask that the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comment ID: 001712

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: new Beginnings Southwest Virginia, Inc.

First Name: Larry

Last Name: Lavender

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I have been in the addiction treatment field for over twenty years. I have seen first hand the consequences associated with over consumption of alcohol. I feel that the new guidelines are sending a message that will add too the existing problem we already face in this country. I believe that persons with the disease of alcoholism stated out probably following these guidelines and then became dependent on it and thus the problems begin. Why would one want to add fuel to the out of control fire that already exists? The

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

message that will be sent to people is somewhat confusing to say the least and with no documented research regarding the benefits it appears to be someone's idea instead of actual evidence of any benefits. Oh by the way I also am a recovering person who started out with just a few.

Comment ID: 001702

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Initiatives for Human Development

First Name: Nancy

Last Name: Devaney

Job Title: Project Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a Substance Abuse Prevention Specialist Supervisor I am concerned about the possible changes to the alcoholic drink guidelines that are currently in place. The proposed changes are not easy to understand and are based on a weekly amount of alcohol intake rather than a daily amount. Please do not change the existing guidelines.

Comment ID: 001703

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: southwest Alabama Mental Health

First Name: Judy

Last Name: Rains

Job Title: Substance Abuse Therapist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: changing daily dietary guildlines for alcohol consumption.

As a Substance Abuse Therapist I fear that with the proposed change many would be influenced to drink more alcohol in one sitting encouraging binge drinking. If a woman believes it is safe to drink 3 drinks of alcohol in one sitting her judgement becomes compromised and then believe that 5 or 6 drinks are acceptable. Even at 3 drinks she becomes more a target to be a victim of many types of crime (rape, mugging, auto accident, drowning etc). Many times these traumatic events become the springboard for a lifetime of drinking inviting more trauma and the end of many goals and dreams. Men also may believe that their girlfriend and wives can nearly keep up with their drinking which might encourage both men and women to drink more. Men may not realize the long term effect alcohol has on the brain especially before their mid-twenties and wind up damaging their brains before they are out of college or maybe even high school. Teenaged boys and girls may feel that this change in guildlines is an endorsement for them to drink more damaging brains, bodies, learning, and futures. They may not know that what may take decades for adults to become alcoholic can happen to teenagers within 6 months of heavy drinking. This could close the door from ever being able to drink 1 or 2 drinks "socially".

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001697

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Power Up YOUth

First Name: Kathy

Last Name: Getting

Job Title: director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Shifting the recommendation to average weekly amounts of alcohol use instead of daily recommended amounts sends the wrong signal. Your reports states that even 3 drinks can impair judgement in those who drive and other activities that require "skill, attention, or coordination". Increasing the amount felt safe in a day seems like a statement that individuals can use to justify risks and the alcohol industry can use to build their profit margins to the additional detriment to public health and safety. And we know they chose their profit margins over public safety every time. Keep it conservative until you have randomized controlled studies that show that moderate use of alcohol has positive health outcomes

Comment ID: 001629

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Center for Prevention & Counseling

First Name: Brian

Last Name: Ford

Job Title: Addictions Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I would like to suggest that the proposed guidelines offer an avenue for the alcohol industry to market in a way that will increase drinking. My suggestion is to review the guidelines for "average" amounts consumed and specifically state the minimum drinks that can be ingested before the person moves into High Risk Drinking. The proposed guidelines are too vague and leave room for confusion.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001646

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Riverside Community Care

First Name: D

Last Name: Macdonald

Job Title: Child & Adolescent Outreach Specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I ask that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public. Specifically, the new Guidelines should maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comment ID: 001806

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Prevention Network

First Name: Philip

Last Name: Rose

Job Title: Program Coordinator - Underage Drinking Prevention

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The levels of alcohol consumption needs to be tighter and not looser. Research has shown that alcohol consumption at any level is bad for the body. It is toxic to every internal system in the body and in fact is an addictive substance. This does not foster health. Your guidelines need to be much tougher on alcohol.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001795

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Greenville Family Partnership

First Name: Cameodiamond

Last Name: Joseph

Job Title: College Intern

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The shift from daily consumption guidelines to average consumption guidelines does not seem plausible. If men are advised to drink 3 drinks a day, twice a week, a dangerous pattern can be put in place. The consumption of 3 drinks twice a week could dangerously evolve to thrice a week, and so on.

Due to the fact that there is a small amount of proof providing the benefits of drinking, this increase should not take place.

Another big problem with the average consumption guidelines is perception. The NIAAA considers at risk drinkers to consume ?more than 14 drinks per week? for men and ?more than 7 drinks per week? for women. To a male college student, ?14 drinks per week? could be taken as 14 drinks in one party night. For a female college student, like myself, ?7 drinks per week?, could mean 3.5 on a Friday night and 3.5 on a Saturday night. So, in addition to the aforementioned fact that ?the consumption of 3 drinks twice a week could dangerously evolve to thrice a week, and so on?, this guideline too could be misinterpreted. Perception could be the difference between life and death.

This proposed increase not only harms the public?s health, but also fuels the fire that is ?Big Alcohol?. It is important to remember the impact of advertisement on the American population. The alcohol industry has done a great job with portraying alcohol to be a drug of evitable consequences. Those who are educated on the subject of alcohol know that this is false. Regardless, many do not know this, thus the large number of alcohol caused deaths. This change from daily to weekly consumption guidelines only encourages the alcohol industry to enhance its promotion of alcohol consumption. The result of this promotion could possibly be numerous health risks.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001810

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: GCASA

First Name: Kevin

Last Name: Keenan

Job Title: Program Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Dear Members of the USDA Committee,

I'm deeply concerned regarding the changes to the guidelines for alcohol consumption. Now is not the time, nor should there ever be, to encourage alcohol consumption. At a time when binge drinking among youth and young adults is on the increase, we should be err on the side of caution when it comes to this issue. Our agency would greatly appreciate your review of the guidelines back to its original healthy intent. Thank you.

Kevin J. Keenan

Comment ID: 001799

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Bluegrass Prevention Center

First Name: Donna

Last Name: Wiesenhahn

Job Title: Regional Prevention Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I have reviewed Chapter 7 on alcohol intake and have serious reservations with the expressed outcome. First, the majority of the implications stated the facts from a daily intake yet shifts are made to average consumption. Justification for this was given that most people do not meet the daily amount and therefore an average would address those who drink more. The logic for that is faulty and confusing. Actually, it makes no sense. It seems to be to take something that is working and change it so "just maybe" other people might pay attention. Guidelines around any of the topics should be held to a specific purpose--to provide best guidance and info available to people. Error on the side of use is a poor rationale for changing the guidelines. Specifically, Guidelines should be maintained of 2/1 per-day consumption leaving no room for extrapolation. Also, alcohol and lactation: the guidelines are being altered in hopes that moms who want to have a drink will continue to breastfeed. How possibly can an agency decide to make such a decision without the backing of data as to whether this will make a difference at all is of most concern. How many women stop breastfeeding to drink? how many would continue to

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

breastfeed if given guidelines on drinking? Does it matter at all as to whether the guidelines are followed or simply taken as permission to drink? The utilization of data to determine the guidelines cannot be useful when you so judge and completely ignored when it doesn't exist for the guideline to just go in with the hopes it is followed. Please revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message on alcohol consumption without extrapolations.

Comment ID: 001821

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Prevention Council of Roanoke County

First Name: Nancy

Last Name: Hans

Job Title: Council Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: We are a local community coalition working to prevent underage drinking in all areas. We have 10 years of trend data on youth use. In all areas we are seeing a downward trajectory except in the area of perception of parental disapproval. There is a concerning disconnect. We are very, very concerned with these proposed "adult" guidelines. This is a very, very dangerous shift from daily to average and there has not been enough controlled trials to show scientific proof for changing these guidelines. We are concerned this kind of guideline clearly closes in on binge drinking when you begin to discuss 4 drinks per day for men and 3 drinks a day for women. These guidelines will continue to add to the already serious risks to public health. Please reconsider these guidelines based on solid scientific studies.

Comment ID: 001844

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Greater West Bloomfield Community Coalition

First Name: Donna

Last Name: Schaerer

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The last thing you should be doing is encouraging folk to drink more alcohol. There are many people who would be significantly impaired with 3 or 4 drinks in their system. We still define bingeing as 5 drinks. You relate alcohol to many diseases and still set the amount to a daily limit of 4 drinks for men and 3 for women. That is sending a very poor message to our youth who are already exposed to so many alcohol messages every day. Why was this done?

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001847

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Woman's Christian Temperance Union of Southern CA

First Name: Paul

Last Name: Scott

Job Title: President, Board of Trustees

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I urge you not to change the guidelines on consumption of alcohol from a daily amount to a weekly amount. Alcohol is a drug, although legal, which is counted as the #1 Drug Problem in America. Rather than making guidelines which would allow for increased drinking in one 24 hour period, there should be a greater curtailment on the amount recommended to be consumed - period.

For Increased Health,
Paul Scott

Comment ID: 001827

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Crossroads

First Name: Wayne W.

Last Name: Lindstrom, PhD

Job Title: CEO

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The effect of the proposed new dietary guidelines would likely be to encourage greater daily drinking, discourage appropriate caution about using alcohol for health benefits, and open the door for the alcohol industry to misrepresent federal alcohol consumption guidelines to consumers.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001859

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Community and Family Resources

First Name: Eric

Last Name: Preuss

Job Title: Special Projects and Quality Assurance Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: As a substance abuse professional for the past 20+ years, I agree with Dr. Tim Naimi regarding the following information he has provided regarding the changes to the Dietary Guidelines. Any changes to the guidelines that make it look like drinking more is OK is foolhardy. Anything that sanctions increased drinking will do just that. It's tantamount to saying ? you know what speeding can be dangerous, but it's OK if you go 8 over the limit instead of 5. Higher speeds kill. More drinking, more alcohol related problems for this country. The current Dietary Guidelines for alcohol provides drinking guidelines outlining the safest way to consume alcohol for the full range of the U.S. population that already drinks alcohol: up to 2 drinks per day for men and up to 1 drink per day for women (2/1 daily consumption guidelines). However, the new Advisory Committee report proposes that 2/1 consumption guidelines be based on average, rather than daily, consumption. Furthermore, the report would explicitly define "moderate" drinking as drinking up to 4 drinks per day for men and 3 drinks for women (4/3 daily consumption guidelines), so long as the average limits are not exceeded.

Comment ID: 001854

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: The Partnership for a Healthier Carroll County, Inc.

First Name: Rebecca

Last Name: Herman

Job Title: Grants Manager

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: We ask that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public.
We specifically ask that the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001786

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Didi Hirsch Mental Health Services

First Name: Nancy

Last Name: Wileman, M.A., LMFT, CADC-II

Job Title: Director, Substance Abuse Prevention & Youth Services

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am against the possible changes to the U. S. Dietary Guidelines for Alcohol. I believe that Dr. Tim Naimi's commentary is both eloquent and factual. In addition, by increasing the daily drinking guidelines for moderate drinking, you are giving the impression that there is no implied harm. Indeed, for a woman to drink three drinks on a given day is bordering on binge drinking depending on the size of the woman and the time frame during which those drinks are consumed. This increase also flies in the face of all of the medical facts about the relationship between alcohol consumption and numerous health risks. In addition, this increase encourages people to use alcohol as a coping skill because their use would be "within the dietary guidelines." Please reconsider this proposal, and do not change the guidelines.

Comment ID: 001787

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: National Woman's Christian Temperance Union

First Name: Rita Kaye

Last Name: Wert

Job Title: National President

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am extremely disappointed that it would even be considered to increase the suggested amount for alcoholic beverages. This is not promoting good health, but rather irresponsibility and danger in many aspects. Alcohol harms the body in numerous ways besides causing other problems like drunk driving, breakdown of the family, and increased insurance costs to everyone. Please do not allow this change in policy to take place. You are promoting a ticket to greatly increased problems for our nation and its citizens.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001781

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Transitions, Inc.

First Name: Charlotte

Last Name: Wethington

Job Title: Recovery Advocate

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Please see the attached document.

Comment ID: 001766

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Clearview Recovery, Inc.

First Name: Marv

Last Name: Fangman

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Come on.....with the new drinking guidelines it does not take a 'rocket scientist' to know that the possible consequence is a negative shift in societal perceptions of acceptable drinking.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001758

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Institute for Health and Recovery

First Name: Enid

Last Name: Watson

Job Title: Director, Screening & Early Identification

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Increasing amounts of alcohol for safe consumption as proposed by these new guidelines will result in increased adverse health outcomes, increased alcohol-related health expenses, and reduced quality of life for alcohol abusers. Your proposed change represents a doubling of the daily guideline for men, and a tripling of the daily guideline for women. Although drinking 4 drinks for men and 3 drinks for women falls just short of thresholds that define 'binge' drinking and is not generally pathologic, relaxing guidelines that might cause some to increase their drinking to these levels is neither safe nor desirable from a public We urge you to maintain the current guidelines for alcohol

Prenatal alcohol exposure is the leading cause of preventable, non-genetic mental retardation. The US Surgeon General (2005) advises that pregnant women, or women planning on becoming pregnant, do not drink alcohol. No safe amount of alcohol has been determined for pregnant women. Maintaining an alcohol-free pregnancy is the only way to prevent FASD.

Relaxing guidelines delineating "moderate" drinking is not like recommending someone take more vitamins. Alcohol is the third leading preventable cause of death in the U.S., and causes many net excess deaths even assuming a cardio-protective effect among those with low average consumption. In addition, there are risks associated with even low levels of consumption (e.g., breast cancer Fetal Alcohol Spectrum Disorders), and others who begin to drink or who increase their consumption may encounter alcohol-related problems or end up drinking excessively. Therefore, in the absence of data from randomized trials and on the basis of practical public health considerations, the proposed change to the Dietary Guidelines is a prescription for ill health and adverse social consequences.

One study of a cohort of children who were followed into their mid-twenties associated mothers' use of alcohol

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001763

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Recovery Resources

First Name: Jean

Last Name: Shurtleff

Job Title: Senior Prevention Specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am very concened about the proposed changes to the alcohol drinking guidelines. Although drinking 4 drinks for men and 3 drinks for women falls just short of thresholds that define 'binge' drinking and is not generally pathologic, relaxing guidelines that might cause some to increase their drinking to these levels is neither safe nor desirable from a public health perspective. Specifically, drinking at these levels results in impairment-level blood alcohol concentrations (BACs) for most drinkers, including legal intoxication-level BACs (0.08% or greater) for some, particularly women.³ Furthermore, epidemiologic studies confirm that drinking 4/3 drinks (or to BACs typically associated with 4/3 consumption) is associated with increased risk for unintentional injuries, including motor vehicle crashes.⁴⁻⁶ And daily consumption exceeding the current Dietary Guidelines is also associated with chronic disease outcomes such as hypertension and overweight.⁷ Even among those who consume an average of <2/1 drinks, the report offers no evidence (nor are we aware of any) that drinking 4 or 3 drinks during drinking days is safer for any health outcome compared with consuming fewer drinks. I encourage you to not make your proposed changes but follow the science.

Comment ID: 001725

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Region Ten Community Service Board

First Name: Carolyn

Last Name: Bjorkfelt

Job Title: mental health support service provider

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I found out that the USDA has proposed new Dietary Guidelines that specify it's okay for people to drink more alcohol (4 drinks a day for men, 3 drinks a day for women). I don't believe this is a good idea and I hope you opt NOT to make those changes. Some people might use the new guidelines as a justification to overindulge. Alcohol abuse is already a serious problem in this country; is it really necessary to suggest that it is fine for people to drink more?

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001742

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Join Together

First Name: Deborah D.

Last Name: Dupire-Nelson

Job Title: Pres. & CEO, Dupire & Company; Join Together Fellow

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: It has recently come to my attention that a USDA advisory committee has proposed new Dietary Guidelines for Americans including substantial changes about alcohol that concern many public health and addiction experts.

I am one of those concerned public health and addiction practitioners. I urge you to seriously consider both intended and unintended potential consequences of this proposal, which I have studied at length.

The real-world effect of these proposed new alcohol guidelines would likely be to encourage greater daily drinking, discourage appropriate caution about using alcohol for health benefits, and open the door for the alcohol industry to misrepresent federal alcohol consumption guidelines to consumers.

I am sure that the USDA is populated by well-intentioned, public service personnel, interested in doing what is best for the general public. In the interest of serving the public good, it is imperative, in my opinion, that ANY set of Guidelines issued by a US government entity NOT suggest that alcohol consumption can be taken to be a good thing -- for the individual, or for society in general.

The probability is very high that these Guidelines, which are incomplete and flawed on their face, will be used to twist national health mandates that caution against alcohol consumption. What you are contemplating will most likely result in very significant unintended consequences, which will do major damage to our national population, including children, pregnant, and lactating mothers.

These are just a few of the possible classes of victims of this proposal. Further harm will likely be caused to the public good by the general increase in alcohol-related injuries and deaths, and their economic costs to the general public.

What you propose, though likely well-intentioned, is just plain wrong, and a bad deal for America.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001955

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Nowata CAN (Community Anti-Drug Network)

First Name: Ginger

Last Name: Bohannan

Job Title: Drug Prevention Specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: With the rate of kids and adults who die daily in alcohol related crashes and who become addicted because they "didn't think one would hurt them" I am sure that the USDA has strongly taken this into consideration and will do what they know is right by the youth of our nation and leave the recommendations as they are. Alcohol alters the state of the mind and causes some to make bad decisions, even after one drink. All it takes for an officer to arrest you when stopped is for them to smell it on your breath. So many people don't understand that, even though they have only had the already recommended 1 drink a day for women and 4 for men. Please do not further encourage them to put so many people's lives in danger by increasing your recommendations.

Comment ID: 001990

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Shape Up America!

First Name: Barbara

Last Name: Moore

Job Title: President and CEO

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Shape Up America! is a nonprofit organization founded by C. Everett Koop in 1994 to raise awareness of obesity as a health issue. Since our organization was founded, obesity prevalence has skyrocketed to the point that overweight or obesity is now the norm among American adults. Consequently, we thank the Dietary Guidelines committee for the increased emphasis on obesity in the report overall. On alcohol, the report is troublesome in several respects: (1) it fails to clearly define a standard drink yet the guidance on alcohol is stated in terms of the number of standard drinks; (2) it fails to clearly state a daily limit on intake of alcohol-containing beverages of not more than 1 standard drink per day for women and 2 for men; (3) it fails to point clearly to the best way to provide dietary guidance on alcohol consumption, namely, a required Alcohol Facts label on all alcohol-containing beverages. Shape Up America! supports the guideline promoting moderate consumption in those individuals who choose to drink. But we object to defining moderate drinking in terms of averages, which is too complicated, and urge you to return to the simpler (2005) dietary guideline on alcohol that states clearly that the recommended limit is a maximum of 1 standard drink per day for women and 2 drinks per day for men. We also urge you to call upon the Alcohol, Tobacco and Trade Bureau (TTB) to require labeling

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

of all alcohol-containing beverages with calorie and alcohol content per serving, definition of standard drink, standard drinks per container, and a succinct statement of the dietary guidance on alcohol in terms of daily limits for men and women who choose to drink.

Comment ID: 001987

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Michigan Alcohol Policy Promoting Health & Safety

First Name: Marie

Last Name: Hansen

Job Title: Business Manager

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: We wish to express our concern about the proposed revision in dietary guidelines on use of alcohol. Our primary concern with your proposal to raise the limit on the amount of alcohol that may be consumed on a single occasion is that it includes no height, weight or time limit for an individual's consumption (only gender). This opens the door to misinterpretation and may result in harmful use on a single occasion.

The current guideline of one a day for women and two a day for men is very clear and is just beginning to be disseminated. It is included in many local, state, and nationally distributed publications.

www.michiganalcoholpolicy.org

Comment ID: 002131

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: National Association of State Alcohol and Drug Abuse Directors

First Name: Rob

Last Name: Morrison

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: 18.3 million Americans aged 12 or older needed treatment for an alcohol disorder in 2008. Over and above this, another 44 million Americans are "heavy drinkers" (binge drink at least 5 times a month) or acknowledge binge drinking at least once in the past month. The document offers a discussion about the emerging literature on health benefits of moderate alcohol consumption, we believe "however, that the research and literature is far from conclusive at this time.

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Key Topic: Alcoholic Beverages

consuming 4/3 drinks of alcoholic beverages in a drinking occasion will raise the blood alcohol concentration of most individuals (males, and females, respectively) above a level generally considered legal to operate a motor vehicle. This level of consumption also demonstrably causes acute impairment in cognitive functioning and coordination and causes palpable increases in risk of accident and injury.

We are particularly concerned about the cursory amount of text dedicated to fetal alcohol spectrum disorders; in its brevity, the guidelines appear to minimize the risks of this drinking behavior.

Comment ID: 002045

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Salem UM Church & Society

First Name: Dianne

Last Name: Berlin

Job Title: chair

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Alcohol is a drug and should be considered as such. There should be no advocating alcohol use as a healthy food because its negative side effects are lengthy and costly in both life and economically.

Alcohol is a carcinogen, it negatively impacts the heart, is the cause of alcohol dementia, contributes to falls in the elderly, is the only cause of fetal alcohol syndrome and fetal alcohol effects, is a high contributing factor to domestic violence, drinking and driving crashes, drinking and boating crashes, child abuse, unwanted pregnancies, etc.

Here are several suggestions for mandates re alcohol:

1. Eliminate alcohol sales from ANY establishment which sells food so that there is a clear line of differentiation
2. Instruct culinary classes, network programs and food programs as to the amount of alcohol left in food even after long hours of cooking at high temperatures
3. Make the producers, marketers and other promoters of alcoholic beverage consumption pay for the damage that their product causes. According to recent figures, alcoholic beverage use costs are more than twelve times the amount of federal and state taxes collected.
4. Place a fine on any programming which promotes alcohol use. Promotion of harmful substances is nothing short of reprehensible. Children have been subjected to program after program which promotes alcohol as nothing more harmful than a glass of water. Children are adults-in-training and, so often, our actions speak far louder than our words. If we want to raise healthy children, drug use needs to be treated very seriously.
5. Make certain that alcohol is recognized as a toxic substance and appears on poison control lists.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002046

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Robeson county under age drinking coalition

First Name: Tom

Last Name: Norton

Job Title: excutive director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I think that the alcohol industry has been courting the government for way to long.I would like to see that alcohol beverages were banned from all goverment events.Then we would have the President offering beer to recovering alcoholics as peace offerings

Comment ID: 002015

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Prevention Research Institute

First Name: Ray

Last Name: Daugherty

Job Title: President

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Prevention Research Institute (PRI) developed research-based low-risk guidelines for alcohol in 1981, and keeps abreast of this research. Research supports a range of low-risk guidelines. Thus, the question becomes, "Which of the supportable guidelines will be most helpful in reducing risky consumption?" Based on our experience we offer the following suggestions:

1. Lower the peak guidelines. The proposed peak guidance is based on the research standard of 5 or more drinks for men and 4 or more for women being "binge" drinking. While these levels increase risk for a variety of problems, so would other numbers had they become the research standard. It is largely the "more" that carries the risk and you can set the bottom differently and get similar results. These cutoffs were arbitrary and do not represent the level at which risk emerges. Thus, data on "binge drinking" is a poor basis for guidelines.
2. Keep both daily and weekly guidelines. The report is correct that weekly guidelines are more consistent with the research in that daily guidelines are an extrapolation from weekly studies. However, most research on drinking risk ignores peak consumption; 2 drinks X 7 days and 7 drinks X 2 days both equal 14 drinks yet carry very different risk. Focusing only on weekly guidelines "codifies" this limitation. Weekly limits also ignore the reality that people count drinks in one day more easily than drinks in a week or drinking

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

days in a week. They could easily lose track of how many days it takes to exceed the weekly limit.

3. Include pacing in the guidelines. Three drinks consumed in one hour is very different than three drinks consumed in three hours.

4. Develop guidelines based not just on research but on how people hear and apply the information. This warrants an area of research in and of itself. Our experience indicates people will reject any guideline that sounds overstated and will stretch the numbers when there is any ambiguity.

Comment ID: 002016

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Advisory Alcohol Prevention Committee:LA Live

First Name: Bert

Last Name: Saavedra

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Since the age of seven I have experienced functioning alcoholic behavior in and around my family, beginning with my father. If you are predisposed to the affects of alcohol any amount is too much! He became addicted early in his adult life and to this day HAS TO DRINK at least three or more cans of beer daily. It is sad to visit my father (age 97) and see him drinking on a daily basis. Social drinking is one thing but daily consumption is ADDICTION.

Comment ID: 001894

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Florida Certificationb Boarc

First Name: Neal

Last Name: McGarry

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: New guidelines for alcohol consumption are ill-advised and should be rejected.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001839

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: FAS Community Resource Center

First Name: John

Last Name: Kellerman

Job Title: Advocate

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Under Alcohol - Pregnancy, add the statement published by the March of Dimes:

No level of alcohol use during pregnancy has been proven safe. The March of Dimes recommends that a pregnant woman does not drink any alcohol - including beer, wine, wine coolers and hard liquor - throughout her pregnancy and while nursing.

Comment ID: 001863

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: American Alcohol and Drug Information Foundation

First Name: William

Last Name: Amundsen

Job Title: Board President, Voluntary

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Dear Sirs,
I recently came across articles which indicate that occasional drinkers, not problem drinkers, do not drink daily. MOST occasional drinkers do their drinking on Friday, Saturday, and Sunday. By making a weekly average, the USDA would be giving permission for these persons to double up on their drinking. While our organization is not a prohibition organization, we feel that this is a dangerous precedent.

Sincerely,

W. J. (Bill) Amundsen, President
AADIF (dba, MICAP)

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001866

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Alcohol Problems Council of Wisconsin

First Name: Ray W. G.

Last Name: Bayley

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: It is my understanding that the proposed new USDA guidelines regarding consumption of beveraged alcohol redefines "moderation" in such a way as to increase the number of drinks consumed on any given occasion.

This will greatly complicate law enforcement and public health and safety. Alcohol already is the most dangerous drug, including legal and illegal substances. State legislatures, one by one, are tightening up laws against operating automobiles under the influence of alcohol. The proposed change would undermine these efforts.

Who contributed to these changes? Certainly not law enforcement leaders. Certainly not public health authorities. Nor ambulance crews, nor myriads of concerned citizens. The USDA opens itself to suspicion of hearing only profit-driven people in the beer, wine, and liquor industries.

Comment ID: 001869

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Council on Prevention & Education: Substances (COPES), Inc.

First Name: Ted N.

Last Name: Strader

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am writing in regards to the new dietary guidelines for alcohol consumption. I am concerned how the new guidelines regarding daily consumption actually appear to over-represent the number of standard measured drinks that could be considered low-risk for general populations. The way the new guidelines are framed, actually appear to support or even encourage what experts in the field generally consider to be high-risk drinking. The guidelines appear to actually discourage appropriate caution and clarity on what can reasonably be considered to be low-risk drinking guidelines supported by the science. Thanks, Ted N. Strader

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001933

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: National Association for Children of Alcoholics

First Name: Sis

Last Name: Wenger

Job Title: President/CEO

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The National Association for Children of Alcoholics (NACoA) opposes proposed changes to Dietary Guidelines that would say to the general public that drinking up to 4 drinks per day, three times a week (for men) and 3 drinks per day twice a week (for women) constitutes "moderate drinking." NACoA joins with many others in asserting that this type of drinking behavior poses serious risks to the general public and should not be offered as a standard for "moderate drinking" by any agency concerned with public health. NACoA's mission is "to eliminate the adverse impact of alcohol and drug use on children and families" and we strongly believe this change would increase that adverse impact. It could be very misleading to an uninformed pregnant woman to have such a high level of alcohol use pictured as "moderate" when we know that there is no safe level for the fetus. The current Dietary Guidelines provide guidance for the safest way to consume alcohol for the full range of the U. S. population that already drinks alcohol. Hold fast to that standard for the public health, including children and families.

Sis Wenger

President/CEO

National Association for Children of Alcoholics

Comment ID: 001901

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Pittsfield Prevention Partnership

First Name: Karen

Last Name: Cole

Job Title: Program Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The proposed Guidelines send the wrong message about appropriate alcohol consumption. The Guidelines should maintain the 1/ 2 drinks per day for women and men

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

recommendation.

Comment ID: 001905

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: FACE -Resources, Training & Action on Alcohol Issues

First Name: Penelope (Penny)

Last Name: Norton

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: What is wrong with you people? Is it that easy for you to put public health second to the special interests of the alcohol beverage industry? Whether you intend to or not, that's exactly what you are doing with the proposed dietary guidelines for alcohol consumption. Here is what people will remember: "4 drinks a day for men, 3 drinks a day for women. Everything else is noise. So, just about everyone who drinks is going to be "good to go" under a lot of very dangerous conditions under your wise tutorage. You ought to be ashamed to publicly suggest doing this.

You want to change the current guidelines (2 drinks/day for men and 1/day for women) and up the antsy because.... of the potential health benefits? You're prepared to pull one paragraph from a 16-page document that still ends up saying no more than 7drinks/week for women and 14 for men and TRUST that people will remember that after their fourth drink.

I sincerely hope its not someone you love or care about that is victim of your four and three drink theory.

Comment ID: 001909

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: LA-SAFE (Resources for Human Development)

First Name: shaneeka

Last Name: harrison

Job Title: program coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Altering the guidelines for alcohol consumption can potentially increase the chances of individuals developing a substance abuse issue. This can also lead to medical issues.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002005

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Charlotte Mecklenburg Drug Free Coalition

First Name: Andie

Last Name: Anselmi

Job Title: Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As an education tool, alcohol guidelines help consenting adults to make healthy choices which can have long term effects on the body. I agree with the Marion Institute, that the real-world effect of the proposed new alcohol guidelines would likely be to encourage greater daily consumption of alcohol, discourage appropriate caution about using alcohol for health benefits, and open the door for the alcohol industry to misrepresent federal alcohol consumption guidelines to consumers, to buy and consume more alcohol.

Comment ID: 002160

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Project Extra Mile

First Name: Diane

Last Name: Riibe

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: On behalf of Project Extra Mile, an organization in Nebraska working to prevent underage alcohol use, we would be alarmed to see the proposed changes on alcohol consumption implemented. The current guidelines are seen by experts in the field of alcohol policy as the safest way to consume alcohol and help prevent injuries and deaths associated with alcohol use. The proposed guidelines would ultimately promote unhealthy drinking and would be a large step backward for public health and safety organizations working to prevent unintentional injuries. We urge the advisory committee to maintain the current guidelines to help reduce the risks associated with alcohol use.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002164

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: ASTHO

First Name: Dr. Paul

Last Name: Jarris

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The Association of State and Territorial Health Officials (ASTHO)

The language contained within the 2010 Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans does not reflect an evidence based public health perspective.

The report suggests that alcohol consumption guidelines be based on average consumption rather than per-day consumption under the current guidelines. The text implies that four drinks a day for males and three drinks a day for females entails little or no health risks. This report effectively doubles the daily guideline for men and triples the daily guideline for women. This does not make good common sense.

According to the National Survey on Drug Use and Health, 23.1 million Americans aged 12 or older needed treatment for an alcohol or illicit drug problem in 2008.

According to the Centers for Disease Control and Prevention (CDC), excessive substance use is the third-leading lifestyle cause of death in the United States.

Although drinking 4 drinks for men and 3 drinks for women falls just short of thresholds that define binge drinking and is not generally pathologic, relaxing guidelines that might cause some to increase their drinking to these levels is neither safe nor desirable from a public health perspective. The approach taken within the Report seems to imply that drinking is safe and that the uncertain health benefits from drinking outweigh the known risks which we know has not been scientifically proven.

Additional consideration should be given to the terminology contained within the Guidelines with a closer eye to the current science.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002093

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Center for Science in the Public Interest

First Name: Margo

Last Name: Wootan

Job Title: Director, Nutrition Policy

Key Topic: Alcoholic Beverages, Carbohydrates, Eating Patterns, Fats, Food Groups, Food Safety, Nutrient Density/Discretionary Calc, Other

Sub Topic: Added sugars, Cholesterol, Fish oil, Omega 3 fatty acids, Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids, Vegetables, Whole grains

Attachment: Y

Comment: The Center for Science in the Public Interest applauds the Dietary Guidelines Advisory Committee (DGAC) for its careful review of the science and generally wise conclusions. Overall, we support the report and urge HHS and USDA to translate the scientific recommendations into 1) policy and environmental changes and 2) a revised understandable and actionable Dietary Guidelines for Americans (DGA) to help people eat more healthfully. In our comments, we focus primarily on maximizing the usefulness of the DGA, and we highlight several concerns about the advisory committee's conclusions.

Comment ID: 002062

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: American Cancer Society Cancer Action Network

First Name: Christopher

Last Name: Hansen

Job Title: President

Key Topic: Alcoholic Beverages, Energy Balance/Physical Activity, Nutrient Density/Discretionary Calc, Protein

Sub Topic:

Attachment: Y

Comment: The American Cancer Society Cancer Action Network is pleased to submit comments on the Dietary Guidelines Advisory Committee report.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002032

Submission Date: 07/15/2010

Organization Type: Other

Organization Name: Conceptual Counseling

First Name: Rhonda

Last Name: Smieja

Job Title: Program Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: I support holding off on changing to the new daily average dietary guidelines for alcohol consumption until further study can be done. See attached.

Comment ID: 002053

Submission Date: 07/15/2010

Organization Type: Other

Organization Name: Only Human Counseling Services

First Name: Hazel

Last Name: Hutton

Job Title: Addiction Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Daily and weekly alcohol use guidelines are crucial, as there are vaying styles of drinking. Daily drinkers might have a glass of wine with dinner, weekly drinkers tend to drink for fun and generally consume damaging levels. If the weekly guideline is 14, many people here will see no problem with consuming that ammount in 1 or 2 days on a weekend, and clearly are doing harm. The committee considered many important things in reviewing research, but it's the tip of the iceberg. The process of tolerance and developing alcoholism was not considered. Also, high BACs cause vitamins and minerals to leach from the body (eg. loss of calcium in bone around the teeth contributes significantly to various dental problems, loss of B vitamins diminish integrety of central nervous system) and high BACs destroy various cells through out the body. It takes the body 4 to 7 days to heal from one binge. The presence of alcohol causes an increase in heart rate, which, at low consumption rates, likely causes the health benefit, but at heavy use rates, consider this - one drink clears the system in one hour, if a person is drinking a 6 pack, the pulse is increasased for more than 6 hours, and that is not beneficial to the heart, because alcohol unlike excercise does not condition the heart. The committe has not considered things like pancreatitis, erectile dysfunction, esophageal varices, ascites, metabolic syndrome all possible outcomes of heavy alcohol use. Our part of the country has high rates of alcohol use and people here see getting a buzz or getting drunk as a way to have fun. 2000 characters cannot come close to what it would take to describe the heath and injury problems occur here. HIV/AIDS is a minor concern by comparison, but the risk of HIV, STD increases when intoxicated. Fights, falls, crashes, suicides, homicides, fires, violence, neglect of children, financial problems, accidents (hunting, boating, snow mobile, diving) plus alcohol is a toxin.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002001

Submission Date: 07/15/2010

Organization Type: Other

Organization Name:

First Name: lisa

Last Name: bennett

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: outrageous proposal that its okay to drink daily. give the alcoholics more reason not to try to quit. what do we have to do to stop this guideline from being published? how can they say that its okay when there is so many health related problems associated with drinking. do they not care about the irreversable damage these people are doing to themselves? not to mention what they are continuing to allow alcoholics to do to their families. i can hear it now.... "i dont have a problem. guidelines say i can have up to 4 a day." that is insane!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Comment ID: 001979

Submission Date: 07/15/2010

Organization Type: Other

Organization Name:

First Name: Tara

Last Name: Warren

Job Title: B.S. CADC II

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Raising the levels of recommended alcoholic beverages will only justify the majority of alcohol drinkers to drink more. This will of course evolve over time in to an increase in drinking. 3.5 alcoholic drinks twice week most certainly will become 4 alcoholic drinks twice a week.

If alcohol is the 3rd leading cause of death in the country why encourage people to drink more? An average size man weighing 180lbs can drink 3 alcoholic beverages, causing his blood alcohol level to rise over the legal driving limit of .08. For a woman weighing 130lbs 2 alcoholic drinks would cause blood alcohol level of .08. Are we promoting increased use to provide our courts, police, rehab centers, insurance company's, Doctors, Probation Officers and jails with more money? DUI's are very beneficial to many people monetarily but most certainly not the person consuming the drinks. The amount of destruction that drinking causes would exceed my 2000 word limit!

I propose that the approximate alcohol concentration for different body weight and the rate at which alcohol is metabolized be printed on every bottle or can of alcoholic

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

beverage...consumer beware! By making this increase you place a greater number of people in harms way.

Comment ID: 001943

Submission Date: 07/15/2010

Organization Type: Other

Organization Name:

First Name: Sarah

Last Name: Lovering

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Dietary guidelines for alcohol use.

Comment ID: 001954

Submission Date: 07/15/2010

Organization Type: Other

Organization Name: individual - Quote from ABOUT

First Name: L.

Last Name: Stege

Job Title: Retired

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: ?The Weekly Average - As explained above, the current recommendations of no more than one drink a day for women and two a day for men is a much safer level of alcohol consumption, the experts say.

?No Evidence 'Moderate' Drinking is Beneficial - There are no randomized controlled trials that show that moderate drinking provides any health benefits, but there are studies that point to many health risk associated with even moderate drinking.

?Misuse of Public Health Recommendations - Opponents say the alcohol industry has a long history of exploiting dietary guidelines for their benefit and the new recommendations would be a huge gift to their marketing efforts.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001888

Submission Date: 07/14/2010

Organization Type: Other

Organization Name: Coconino County Tobacco & Chronic Disease Program

First Name: Bernice

Last Name: Carver

Job Title: Treatment Specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The section on pregnancy and alcohol was not comprehensive enough. More study on alcohol's effects on pre-pregnancy should also be explored, including the effect on eggs and sperm.
Would have been good to include a section on alcohol-related legal consequences and incarceration rates as well as high-school drop out rates due to underage drinking and alcohol use. More should be dedicated to individual as well as societal costs.
Please include a section on genetic factors related to alcohol addiction.
Some of this report seems to undermine efforts to reduce societal problems due to alcohol use as it could be used to the industry to increase sales. It helps alcohol industry to minimize detrimental effects to both the drinker and society.
It would also be good to address the increasing percentage of alcohol in beers that are marketed to young adults as well as alcohol/energy drinks.
Please strengthen the warning on pregnancy and reduce the amount of alcohol suggested as safe which could increase drunk driving and health risks.
Alcohol should be classied as a drug--not a food, and regulated under the FDA.

Comment ID: 001890

Submission Date: 07/14/2010

Organization Type: Other

Organization Name: Rayville Recovery an Addiction Treatment Center

First Name: Bill

Last Name: Lockhart

Job Title: Administrator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Louisiana has the highest per capita incarceration rate in the nation. 80% of those in jail are alcohol/drug related crimes. I manage an addiction treatment center with most clients primary or secondary addiction being alcohol. I have a waiting list of 3-6 weeks for admission. Need I say more? I cannot imagine any good reason for any form of

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

relaxing our present standards, If anything, we could benefit much more if standards were increased. It sounds like some lobby for the liquor industry has given some incentives to our legislators or YOU.

Comment ID: 001897

Submission Date: 07/14/2010

Organization Type: Other

Organization Name: Alcohol Policy Consultations

First Name: James

Last Name: Mosher

Job Title: Alcohol policy consultant

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: See attachment for full comments.

The proposed changes to the USDA guidelines for alcohol raise serious public health and safety concerns. The recommendations propose a radical change in the definition of ?moderate? consumption based on inadequate and questionable evidence.

It is troubling that the daily amounts are doubled for males and tripled for females, even if they are qualified by the weekly limits. USDA?s own review of the evidence used to arrive at this decision puts the recommendation into question. It clearly states that research has demonstrated an increase in the risk of breast cancer in women by 10 percent at even 1 drink per day. There is an increase in colon cancer in men who drink on average greater than 2 drinks a day. The Report concludes that unintentional injuries from falls and motor vehicle crashes can occur even at moderate levels of alcohol consumption. Several studies also found that the risk of injury increased significantly after drinking 2 or more drinks per day. For an average person, the 4/3 limits can lead to a blood alcohol level of 0.08 BAL or higher, the legal definition for Driving Under the Influence (DUI) of alcohol in all States. To recommend a safe level of drinking that can lead to intoxication in the average person 2-3 times a week is both misguided and irresponsible.

The Report relies in part on the National Institute on Alcoholism and Alcohol Abuse?s (NIAAA) release entitled Rethinking Drinking to justify these recommendations. However, as is made clear on NIAAA?s website, the purpose of the Rethinking Drinking program is entirely different than the purpose of the Dietary Guidelines. Rethinking Drinking is designed as a diagnostic tool for identifying problem drinkers and assisting them in reducing their consumption. The Dietary Guidelines serve as a guide for the entire population regarding alcohol?s role in one?s diet. It is therefore inappropriate for USDA to rely on this resource in its Report.

We urge USDA to maintain the same guidelines as found in the 2005 Report.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001751

Submission Date: 07/13/2010

Organization Type: Other

Organization Name:

First Name: Linda

Last Name: Page

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am outraged that you would even consider changing the wording on the alcohol guidelines to such a loose interpretation. You put your credibility on the line with this! Haven't you read the Shovelng It Up report? What are you thinking? Who's funding your opinion on this - the alcohol industry? I am outraged. The guidelines should be decreased, not increased. Shame on You!!

Comment ID: 001656

Submission Date: 07/12/2010

Organization Type: Other

Organization Name: DUI//Addiction Counseling

First Name: Rita

Last Name: Gennusa-Rossi

Job Title: Director-Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: What are you people thinking?! Any Federal or Medical report that gives the alcohol abuser or alcoholic reason to drink is going to be thrown in the face of every person or clinician who tries to say something different. I have many experience dealing with alcoholic and drug abusers. I am now doing DUIs' in the State of Illinois. There is not one person who comes it no my office that does not think the police and State were wrong in making the arrest. The young children and teens see alcohol as a relief for nothing to do, and immortalizing adults. I have seen people with 4 and more DUIs who have now lost everything, homes, jobs, families etc. Stop! Don't even think of giving the fool more fire for his theory of alcohol is good for your blood. Thank you Rita Gennusa

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001741

Submission Date: 07/12/2010

Organization Type: Other

Organization Name:

First Name: Stephanie

Last Name: Ratzell

Job Title: Peer Mentor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The revised guidelines are risky due to dui guidelines being much lower. guidelines should also include underage drinking increases risk of addiction.

Comment ID: 001734

Submission Date: 07/12/2010

Organization Type: Other

Organization Name: Individual

First Name: James

Last Name: Matter

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: It has recently come to my attention that you propose to raise the recommended healthy level of alcohol consumption to three drinks daily for women and four drinks daily for men. Based on the limits posted at the web site DMV.CA, this would result in a great many drinkers being legally intoxicated daily, should they follow this guideline and consume the maximum number of drinks suggested as healthy.

This is an unhealthy recommendation. I strongly urge you to adopt a guideline of two drinks daily for men and one drink daily for women, which is in accord with current medical research on alcohol consumption and health.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001860

Submission Date: 07/14/2010

Organization Type: Other

Organization Name: Bosma Consulting (a public health evaluation practice)

First Name: Linda

Last Name: Bosma

Job Title: President

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: See attached document

Comment ID: 001824

Submission Date: 07/13/2010

Organization Type: Other

Organization Name:

First Name: carol

Last Name: ledesma

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I urge you to rethink the new guideline for "daily" alcohol consumption. 3 or 4 drinks per day is not in any way "social drinking". I'd be quite intoxicated with 3 drinks and feel any "health" value of the alcohol would be superceded by damage to my liver and kidneys. The masses would only see "3 drinks per day is recommended" and would not embrace an ounce definitions. Alcoholism is such a problem in the US; we should not be encouraging such amounts to be ingested. The previous recommendations were better and I urge you to stay with them.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001773

Submission Date: 07/13/2010

Organization Type: Other

Organization Name:

First Name: Pat

Last Name: Prendergast

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I currently work in corrections/treatment and serve a on a community coalition prevention organization. I would strongly encourage you to reconsider not changing the Dietary Guidelines for Americans for alcohol consumption. Unfortunately working in both prevention and treatment I have seen the horrific effects of alcohol use, misuse and abuse. The new guidelines will in my estimation only lead to an increase in use, misuse and abuse. We are already at an epidemic stage in this area.

Comment ID: 001632

Submission Date: 07/12/2010

Organization Type: Other

Organization Name:

First Name: Cynthia

Last Name: Shifler

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I believe it is a bad idea to encourage the use of alcohol for health related reasons. One, alcohol has no nutritional value. Two, the jury is still out on health benefits. This has waived back and forth for years. Three, we have many youth using alcohol illegally. By changing the guidelines, youth will only hear that it is safe and healthy to use - even though it is illegal for them. There are other health consequences of use like cancer. We have a major problem with drinking and driving already. What will this do to that problem? Also, we have many senior citizens drinking along with their medications and getting behind the wheel of a car. The dietary guidelines need to send a strong message about the unsafe use of alcohol. What about physical abuse, violence, obesity, etc., that go along with the abuse of alcohol? I am sorry but I feel this is a backward move or a move from the alcohol industry to get more people addicted and needing their product. Once, they are hooked they will have them for quite awhile. Remember, alcohol has no nutritional value!

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001610

Submission Date: 07/11/2010

Organization Type: Other

Organization Name: LEGACY

First Name: Susie

Last Name: Vanderlip

Job Title: Prevention Specialist, Professional Speaker/Author

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: For 19 years, I have toured across 48 states presenting school assemblies for middle & high school students; educational programs for parents, law enforcement, educators, therapists and counselors about the ravages of alcoholism (and substance abuse) ON THE FAMILIES AND CHILDREN of alcoholics. In addition to presenting to over one million youth and adults, I have talked at length with 25,000 troubled youth from alcoholic homes. I have also attended meetings for families of alcoholics for over 27 years - my life, too, was impacted by an alcoholic ? my first husband overdosed and died from alcohol, cocaine and Percodan over 25 years ago.

As a result, I am highly aware of the impact of alcoholism on children and families of alcoholics. It is UGLY. The number of girls who have been molested by an inebriated father, step dad, mother?s boyfriend, uncle or neighbor is beyond anything a civilized society should tolerate. Worse is the irreversible emotional damage it does to girls. Do you know that an estimated 80% of women in Alcoholics Anonymous were molested as children? It is so devastating to women that many turn to alcohol to cope. And were they molested by an alcoholic? The vast majority say YES.

How many parents of alcoholic children have you watched in AGONY over the ruination of their children due to alcohol? Their hearts are BREAKING.

I could go on and on with PTSD stories pre-teens, teens and adults have shared with me that they experienced as children growing up with an alcoholic parent/stepparent/family member.

For the USDA to advocate 4 drinks for men and 3 drinks for women 3 times a week as ?moderate? drinking is socially irresponsible. Such drinking can lead to poor decisions, negligent/abusive parenting, irresponsible sexuality - unwanted pregnancies/STD?s, and SERIOUS social, emotional and physical health issues. I highly encourage you to listen to professionals in the field of alcoholism and advocate for less alcohol consumption.
www.legacyo

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001585

Submission Date: 07/10/2010

Organization Type: Other

Organization Name: KA HALE POMAIKA'I

First Name: SHARI

Last Name: LYNN

Job Title: EXECUTIVE DIRECTOR

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am writing to express my great concern about the revision of the alcohol consumption limits being revised. As the director of an addiction treatment center where alcohol is the primary substance misused often to the point of fatality, I strongly oppose the proposed changes. Alcohol is the primary factor in the fall and demise of the family and the individual in our Native Hawaiian population and as a people we need stand together to thrive- a goal which should not be undermined by the USDA. The proposed change represents a doubling of the daily guideline for men, and a tripling of the daily guideline for women. Drinking at these levels results in impairment-level blood alcohol concentrations (BACs) for most drinkers, including legal intoxication-level BACs (0.08% or greater) for some, particularly women. Epidemiological studies confirm that drinking 4/3 drinks is associated with increased risk for unintentional injuries, including vehicle crashes. Daily consumption exceeding the current Guidelines is also associated with chronic disease outcomes such as hypertension. To date there have been zero randomized controlled trials of low-dose alcohol and any mortality or morbidity outcome. There is good evidence that existing observational studies of "moderate" drinking are likely confounded in ways that bias results in favor of moderate drinkers. The bottom line is that reams of consistent observational studies can be consistently wrong and lead to erroneous conclusions with mortal consequences, as in the case of hormone replacement therapy. Alcohol is the third leading preventable cause of death in the U.S. causing many net excess deaths even assuming a cardio-protective effect among those with low average consumption. In addition, there are risks associated with even low levels of consumption (e.g., breast cancer) and others who begin to drink or who increase their consumption may encounter alcohol-related problems or end up drinking excessively. Please reconsider!

Comment ID: 001608

Submission Date: 07/11/2010

Organization Type: Other

Organization Name: Correctional Center

First Name: Susan

Last Name: C.

Job Title: Addiction Treatment Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Speaking as an addiction professional, an affected family member from generations of alcohol abuse/dependence, and an alcoholic in recovery for the past 19 years, it's my

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

belief this would have disastrous consequences. Consider there are many people who would relish hearing "stay healthy-drink alcohol!" Also 'sounds like a built-in excuse for more folks than you obviously realize..and I work in a prison, need I say more? Susan C.(Residential Drug Abuse Treatment Program.)

Comment ID: 001698

Submission Date: 07/12/2010

Organization Type: Other

Organization Name:

First Name: Mike

Last Name:

Job Title: MSW Student

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I would encourage those who develop dietary guidelines for the consumption of alcohol to keep in mind the emotional health of individuals as well as their physical health. There has to be a number of more healthy alternatives to that of increased drinking to achieve the same benefits, without the drastic risks associated with increased alcohol consumption.

Comment ID: 001689

Submission Date: 07/12/2010

Organization Type: Other

Organization Name:

First Name: Catherine

Last Name: Rauch

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please use only research-based evidence to make changes to dietary guidelines. If this is done, a cautionary message regarding alcohol consumption should be used. There is enough abuse of alcohol in our country without changing the recommended guidelines of one alcoholic beverage per day for women (two for men).

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001690

Submission Date: 07/12/2010

Organization Type: Other

Organization Name:

First Name: Gail

Last Name: Sasnett

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: We should not be relaxing guidelines with regard to use of alcohol. Relaxing guidelines delineating "moderate" drinking is not like recommending someone take more vitamins. Alcohol is the third leading preventable cause of death in the U.S.,¹⁵ and causes many net excess deaths even assuming a cardio-protective effect among those with low average consumption.¹⁶ In addition, there are risks associated with even low levels of consumption (e.g., breast cancer),¹⁷ and others who begin to drink or who increase their consumption may encounter alcohol-related problems or end up drinking excessively. Therefore, in the absence of data from randomized trials and on the basis of practical public health considerations, the proposed change to the Dietary Guidelines is a prescription for ill health and adverse social consequences. I vehemently oppose these changes.

Comment ID: 001692

Submission Date: 07/12/2010

Organization Type: Other

Organization Name: Clinical Tools, Inc.

First Name: Mary

Last Name: Metcalf

Job Title: Health Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please don't change the alcohol consumption dietary guidelines as proposed. The new language seems to encourage more drinking per day. Plus there is plenty of evidence that *any* consumption of alcohol increases cancer risk in women (even WebMD knows that). How about a recommendation of "little to none" ?
--Mary Metcalf, PhD, MPH, CHES

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001705

Submission Date: 07/12/2010

Organization Type: Other

Organization Name:

First Name: Suzanne

Last Name: Kitwin

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The new guidelines for alcohol consumption are careless at best. There are so many people addicted to this drug in the United States. This drug kills, and daily consumption guidelines are absolutely necessary to discourage binge drinking. I absolutly cannot believe that with all the data we have showing the adverse (and often deadly) affects of alcohol, that its use would not be increasingly discouraged. My 42 year old husband died of liver cirrhosis 2 years ago, and my life has been devastated. There are millions more like me. How dare you?

Comment ID: 001701

Submission Date: 07/12/2010

Organization Type: Other

Organization Name:

First Name: Nancy

Last Name: Colocino

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please don't change to a weekly alcohol consumption rating, as it will encourage an increse in daily use for those not intending to drink in subsequent days and then changing their minds. Also, please add the grams of sugar and calories in alcohol servings. Many of us want to manage our consumption to maintain a healthy lifestyle. This is particularly important with the new sugary alcoholic drinks.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001492

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name: Helene

Last Name: Robillard

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Increasing the guidelines regarding the consumption of alcoholic beverages is dangerous. The proposed changes are a doubling of the daily guidelines for men and a tripling for women. Epidemiologic studies confirm that drinking 4 drinks for men and 3 for women is associated with increased risk of accidents including motor vehicle accidents. Daily consumption exceeding current guidelines is associated with chronic disease outcomes, including hypertension and obesity. An increase in consumption is an increase in the third most preventable cause of death in the United States. Please do not change the guidelines.

Thank you.

Comment ID: 001493

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name: L

Last Name: Nearon

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please reconsider lowering the amount of drinks deemed as safe versus RAISING the number of drinks. We have such a problem on college campuses with binge drinking that by raising the number of drinks allowable is just plain irresponsible. Death by or due to alcohol is the third preventable cause of death in the US. We do not need to bump it up to number one.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001496

Submission Date: 07/09/2010

Organization Type: Other

Organization Name: Manitowoc County, WI Health Department

First Name: Barbara

Last Name: Herrmann

Job Title: Public Health Nurse

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am gravely concerned about the proposed change to what is considered moderate drinking. In WI we strgggle trying to have people understand that consumption of multiple servings of alcohol containing drinks can have a negative effect on a person's health. Additionally changing the recommendation to allow accumulation of the number of drinks is dangerous. In WI I am sure that this will be interpreted that having 20 drinks on one occassion on a week end is fine because this is within the guidelines. The other factor that is very concerning to me is the fact that underage people do watch legal age adults and how much they consume alcohol and on what occassions. We struggle in this state with every celebration including alcohol use. Our youth will get the message that it is no big deal to have 4 or more drinks on one occassion since the FDA said it is ok. Please do not change the recommendation for alcohol. If there is a group lobbying that is promoting this I would strongly consider who has the best interest of the citizens of our country and the future of our youth. It is not any person or group that thinks increased alcohol use is correct.

Comment ID: 001490

Submission Date: 07/09/2010

Organization Type: Other

Organization Name: Gundersen-Lutheran Medical Center

First Name: Dr. Harry

Last Name: Doweiko

Job Title: Licensed Psychologist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The planned revisions to the accepted level of alcohol ingestion will lead to increased consumption and then increased drain on health care expenses because of alcohol-related disease/accidents.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001481

Submission Date: 07/09/2010

Organization Type: Other

Organization Name: Kaiser Permanente Medical Group

First Name: Marilyn

Last Name: Sponza

Job Title: Early Start Specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I recommend that current dietary guidelines for Americans, Jointly issued by U.S. Department of Agriculture and Health and Human Services in 2005 be kept intact and not changed.

Comment ID: 001464

Submission Date: 07/09/2010

Organization Type: Other

Organization Name: self important person

First Name: perry

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: regarding the new definition of "moderate" drinking, I would suggest that you have some skills for the alcohol industry on your panel(s) or at best heavy drinkers. your recommendations would make the difference between "moderate" and "binge" drinking episodes ONE. 4/3 drks moderate, 5 /4 drinks binge.

Wow, american science.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001474

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I'm concerned about society as a whole when university presidents want to explore lowering the drinking age via the Amethyst Initiative, teenagers and young adults are injured/killed in traffic accidents and non-vehicle, alcohol-related accidents, and the alcohol industry continues to promote their products as fun, cool, and often related to outdoor activities. What role did the alcohol lobby have in the proposed guideline changes?

Comment ID: 001412

Submission Date: 07/08/2010

Organization Type: Other

Organization Name: parent(guardian)

First Name: margaret

Last Name: ruby

Job Title: mom/caretaker/educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: No amount of alcohol is safe for the baby for women trying to conceive, throughout entire pregnancy and lactation.
<http://www.nofas.org/family/>

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001415

Submission Date: 07/08/2010

Organization Type: Other

Organization Name:

First Name: Linda

Last Name: Quirk

Job Title: Adoptive Parent

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: You do not footnote a source for the information that Fetal Alcohol Syndrome occurs in the first few months of gestation. I defy you to find a source. Please remove this information and review the CDC guidelines that NO amount of alcohol during pregnancy is safe. Alcohol consumption during pregnancy is the MOST PREVENTABLE FORM OF MENTAL RETARDATION IN THE FETUS/CHILD. Please do not perpetuate a myth.

Comment ID: 001394

Submission Date: 07/07/2010

Organization Type: Other

Organization Name: Healthy Oxford Hills

First Name: Heather

Last Name: Westleigh

Job Title: Prevention Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Increasing the alcohol consumption guidelines in the Dietary Guidelines for Americans has the potential to shift already precarious cultural perception towards the normalizing of high alcohol consumption. This recommendation assumes a "moderate" that is not medically supported and clearly ignores the danger of addiction and other health risks associated with alcohol consumption. The research that indicates there may be health benefits to regular drinking have yet to be validated. On the other hand, alcohol-related disease continues to cost our country millions of dollars each year. Until these issues have been addressed, there is no reason to recommend an increase in daily intake.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001381

Submission Date: 07/07/2010

Organization Type: Other

Organization Name:

First Name: Kirk

Last Name: Rhoads

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am especially concerned that despite the Report's caveats, the industry will use the new recommendations to promote alcohol consumption and increased consumption.

I ask that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public.

I specifically ask that the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comment ID: 001575

Submission Date: 07/10/2010

Organization Type: Other

Organization Name:

First Name: Jim

Last Name: Tenberg

Job Title: Student

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I cannot believe someone, anyone would try and encourage more daily drinking of alcohol. I have first hand experience with the horrors of using. I am a recovering addict of over five years and used alcohol quite frequently. I have two DUI's to prove it. I don't know how anyone could advocate the increased use of any drug considering the epidemic we have in our great country. YES alcohol is a drug, and YES we have an epidemic in this country. Every city is full of drug abuse and we need to be PART OF THE SOLUTION NOT THE PROBLEM. Maybe some of these people should spend some time with people who are actually experienced in such matters before they go changing what they think is the "best thing to do."

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001547

Submission Date: 07/09/2010

Organization Type: Other

Organization Name: V.U.M.C.

First Name: Reid

Last Name: Finlayson

Job Title: Psych. Doc.

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am very concerned about increasing the suggested guidelines for alcohol consumption. It does not fit my personal and clinical experience with alcohol. Data that suggests alcohol use prolongs life is highly suspect. The damage to persons genetically susceptible to dependence on alcohol is incalculable. Please promote health, not alcohol sales.

Comment ID: 001558

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name: Niki

Last Name: Miller

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The proposed changes to the dietary guidelines for alcohol consumption will make my job much harder and will cost the taxpayer. I now work in the correctional system dealing with the ravages of addiction on women and families. Prior to that I directed a non profit dedicated to reducing the dramatic rise in alcohol consumption in women and girls. These guidelines will represent the biggest threat to women and girls. The alcohol metabolism of women has not been studied sufficiently. There are distinct biological differences that are attenuated by a host of unique factors in women's ability to metabolize alcohol. The reality is that women of childbearing age who rely on these guidelines will experience a much higher risk of FAS and FAE babies. Many women drink before they know they are pregnant. Only 2-4% of adult women continue to drink once they know they are pregnant. Many of those women have severe addictive and mental illness; some of them have FAE's themselves. But adolescent girls, who are having full term pregnancies at higher rates and earlier ages, drink during pregnancy at the same rate as their non-pregnant counterparts. These guidelines will do nothing but fuel underage drinking among girls and young women and will endanger adult women. Women and girl's ability to out maneuver sexual predators often diminishes as the impairment from alcohol increases; it still remains the most common date rape drug and plays a role in ruining the college careers of countless young women who are attached each year. Rates of traffic fatalities and impaired driving charges are likely to increase. It is well known that women progress into alcoholism more quickly than men and at lower rates of consumption over shorter

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

periods. This change to the guidelines evinces a callous disregard for women's health. There is not sufficient research on women, girls and racially diverse minority women, including Native Americans, to scientifically justify this reckless and pointless change. I can think of no logical reason for this aside from increasing liquor industry's profits.

Comment ID: 001544

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title: farmer

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please to not change dietary regulations that would increase alcohol consumption. Increased alcohol consumption only lines the pockets of the brewers/distributors while increasing crime and destruction of families. Tax revenue from sales of alcohol fall far short of the cost of rehabilitation.

Comment ID: 001498

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name: Lou Allene

Last Name: Mallory

Job Title: Mental Health Worker in training

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I oppose the new guidelines for alcohol consumption. As a Mental Health Worker in training I am learning the dangers of increasing alcohol consumption.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001515

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name: Dionetta

Last Name: Hudzinski

Job Title: Registered Nurse

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please reconsider the effects of increasing the daily/weekly recommendations for consumption of alcohol. this is paramount to telling everyone it is OK to drink 3-4 drinks per day...At a time when we are battling both addiction and alcoholism...do not mess it up by giving a mixed message...thank you...

Comment ID: 001517

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name: Daniel

Last Name: Lewis

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: 2010 Dietary Guidelines by the USDA and HHS appear to be a step backwards with respect to alcohol consumption. Alcohol is one of the most abused products in our society and as such it is imperative that guidelines err on the side of caution instead of encouragement. At the very least, the Guidelines should not appear to loosen the 2005 Guidelines for consumption. At the very best, there should be incontrovertible evidence that the any change to the 2005 Guidelines are beneficial to the health and well being of our nation.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001524

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Defining moderate consumption using average daily consumption of alcohol is clear and helpful in getting across the information the public needs about the benefits of alcohol consumption for some people.

Using only weekly or monthly averages for the definition, as proposed in the 2010 Dietary Guidelines, may encourage the abuse of alcohol and the development of alcoholism in some people.

Please leave the average daily amount in the definition of moderate alcohol consumption.

Comment ID: 001539

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name: Gonzalo

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I have to say that I'm quite impressed on how you have asked for more funding from the government. I believe there are people who can consume alcohol in moderation, but what you have done was to put at risk the Americans as a whole. this is evident by your research on "unintentional injury". If consuming alcohol impairs judgment and causes health issues it would be insane to up the consumption of alcohol. Those people you call moderate drinkers can over time, become heavy drinkers.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001519

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title: Retired psychotherapist (MSW)

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am very concerned about your intension to double the U.S. Dietary Guidelines for alcohol consumption for men and triple the same for women. As a retired alcohol abuse/addiction therapist, I believe this is a very dangerous message to send, as consumers will interpret the revised guidelines to indicate four alcoholic drinks for men, and three alcoholic beverages for women, constitute a daily viable therapeutic option. Also, I encourage you to conduct randomized control studies to determine the possible results of this decision.
Thank you for your consideration.

Comment ID: 001825

Submission Date: 07/13/2010

Organization Type: Other

Organization Name: Florida Parishes Juvenile Detention Center

First Name: Roy

Last Name: DiVincenti

Job Title: Addictions Counselor

Key Topic: Alcoholic Beverages, Other

Sub Topic:

Attachment: N

Comment: I am alarmed to read that you may be changing the guidelines for alcohol consumption. I am an Addiction Counselor and all of my clientele are people with substance abuse issues. We continue to act as if alcohol is different than all other mood altering substances. It is just as deadly if not more and the alcohol industry has been running the show for years. Here in Louisiana as well as other states we have a very high DWI problem. People use all sorts of excuses about why it's ok and changing the guidelines will open the door to more problems with DWI and highway fatalities This decision certainly is not based on hard science. This is a country that is always looking for the quick fix, instant gratification. Our legal system is already burdened with dealing with those who are charged with alcohol related crimes. Telling someone its ok to drink what you are suggesting, would put folks over the legal limit in some instances. And that's just what we need! Please use your intellect and reason in making this decision. These new guidelines have the alcohol industries fingerprints all over it.
I think it is irresponsible for the USDA to have even entertained this idea much less spend tax dollars to investigate and publish this report. You people need education!!

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001833

Submission Date: 07/13/2010

Organization Type: Other

Organization Name: Florida Parishes Juvenile Detention Center

First Name: Roy

Last Name: DiVincenti

Job Title: Lic. Addiction Counselor

Key Topic: Alcoholic Beverages, Other

Sub Topic:

Attachment: N

Comment: I am alarmed to read that you may be changing the guidelines for alcohol consumption. I am an Addiction Counselor and all of my clientele are people with substance abuse issues. We continue to act as if alcohol is different than all other mood altering substances. It is just as deadly if not more and the alcohol industry has been running the show for years. Here in Louisiana as well as other states we have a very high DWI problem. People use all sorts of excuses about why it's ok and changing the guidelines will open the door to more problems with DWI and highway fatalities. This decision certainly is not based on hard science. This is a country that is always looking for the quick fix, instant gratification. Our legal system is already burdened with dealing with those who are charged with alcohol related crimes. Telling someone it's ok to drink what you are suggesting, would put folks over the legal limit in some instances. And that's just what we need! Please use your intellect and reason in making this decision. These new guidelines have the alcohol industries fingerprints all over it. I think it is irresponsible for the USDA to have even entertained this idea much less spend tax dollars to investigate and publish this report. You people need education!!

Comment ID: 001986

Submission Date: 07/15/2010

Organization Type: Other

Organization Name:

First Name: michelle

Last Name: rahrig

Job Title: csr

Key Topic: Alcoholic Beverages, Other

Sub Topic:

Attachment: N

Comment: The hazards of heavy alcohol (ethanol) intake have been known for centuries. Heavy drinking increases the risk of liver cirrhosis, hypertension, cancers of the upper gastrointestinal tract, injury, and violence
this should state:
The hazards of ANY alcohol (ethanol) intake have been known for centuries. Heavy drinking increases the risk of liver cirrhosis, hypertension, cancers of the upper

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

gastrointestinal tract, injury, and violence

Comment ID: 002165

Submission Date: 07/15/2010

Organization Type: Professional Association

Organization Name: American Medical Women's Association

First Name: Eliza

Last Name: Chin

Job Title: President

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The American Medical Women's Association is an organization founded in 1915 to promote the health of women and families, and therefore, nutrition and healthy consumption of alcohol is of interest to its members. Patient education is easier when tools and information are available that reinforce advice. Patients ask a variety of questions about food and beverage choices illustrated by the Guidelines.

The 2005 Dietary Guidelines for Americans provided evidence-based guidance for dietitians, doctors and other health professionals in speaking to their patients about beverage alcohol. The Dietary Guidelines' Advisory Committee proposes a change to the current alcohol guideline that defines moderation in terms of the average number of drinks consumed per day and per week in addition to the current weekly limits. The recommendation would be of no more than 1 drink for women and 2 drinks per men (with no more than 3 drinks for women and no more than 4 drinks for men in any single day), and a weekly average of no more than 7 drinks for women and 14 drinks for men. We appreciate that this approach is supported by the scientific literature and think as a practical matter that the daily and weekly averages may be more useful advice for most consumers because most Americans do not drink alcohol every day. Furthermore, these recommendations are now more consistent with the recommendations of other United States Agencies, such as the National Institute on Alcohol Abuse and Alcoholism. Research shows that communicating about standard drinks will help consumers know how to follow the alcohol guideline. As is consistent with NIAAA the clearest definition of standard drink would be: A standard drink is defined as 12 fluid ounces of regular beer (5 percent alcohol), or 5 fluid ounces of wine (12 percent), or 1.5 fluid ounces of 80-proof distilled spirits (40 percent alcohol). Each standard drink contains 0.6 fluid ounces of alcohol.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001816

Submission Date: 07/13/2010

Organization Type: Professional Association

Organization Name: BJC-Behavioral Health

First Name: Ann

Last Name: Loving, M.Ed., LPC, CDDP

Job Title: Clinical Case manager

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: To increase the consumption of alcoholic drinks in men and women promotes alcoholism which loosens a persons's instincts which produces at times, drastic behaviors in addition to serious medical problems. It affects brain cells producing distorted thinking patterns. Drinking alcohol needs to be discouraged not encouraged. It is my understanding that if a man's father was alcoholic, there is a 70% chance that he will also be alcoholic or addicted to some other substances. I have worked in the field with many persons who have lost jobs, support systems, homes and financial security. Recently, a gentleman was attending a support group and his major deficits were in the medical area. He admitted to high blood pressure and gastric problems, breathing problems and would try during group to encourage the younger members not to follow in his footsteps; he recently died. It is my belief that all people who are charged with DWIs should be sent to rehab to begin a new pathway for a more satisfying life.

Comment ID: 001819

Submission Date: 07/13/2010

Organization Type: Professional Association

Organization Name: American Medical Association

First Name: Michael

Last Name: Maves

Job Title: CEO

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: See attachment

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001762

Submission Date: 07/13/2010

Organization Type: Professional Association

Organization Name: Group On Nutrition, Society of Teachers of Family Medicine

First Name: Roger

Last Name: Shewmake, PhD, LN

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The Dietary Guidelines Advisory Committee propose a change to the current alcohol guideline that defines moderation in terms of the average number of drinks consumed per day and per week in addition to the current weekly limits. The recommendation would be of no more than 1 drink for women and 2 drinks for men (with no more than 3 drinks for women and no more than 4 drinks for men in any single day), and a weekly average of no more than 7 drinks for women and 14 drinks for men. The Advisory Report indicates this approach is supported by the scientific literature and indicates, as a practical matter, that the daily and weekly averages may be more useful advice for most consumers, because most Americans do not drink alcohol every day. Furthermore, these recommendations are now more consistent with the recommendations of other United States Agencies, such as the National Institute on Alcohol Abuse and Alcoholism. As is consistent with the Dietary Guideline, The NIAAA defines a "standard drink" as about 12 fluid ounces of regular beer (5 percent alcohol), or 5 fluid ounces of wine (12 percent), or 1.5 fluid ounces of 80 proof distilled spirits (40 percent alcohol), but it also includes the amount of alcohol in a standard drink (0.6 fluid ounces or 14 grams of "pure" alcohol). Perhaps the clearest definition of standard drink would be: a standard drink is defined as 12 fluid ounces of regular beer (5 percent alcohol), or 5 fluid ounces of wine (12 percent), or 1.5 fluid ounces of 80-proof distilled spirits (40 percent alcohol). Each standard drink contains 0.6 fluid ounces of alcohol.

Comment ID: 001767

Submission Date: 07/13/2010

Organization Type: Professional Association

Organization Name: NW KS Council On Substance Abuse, Inc.

First Name: Orvella

Last Name: Romine

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I have been a part of the prevention message for over 20 years. But this last 2 have been focus on underage drinking. For some reason parents feel it is a "Rite to Passage" and no harm will be done. Our society would like to stay in denial about the effects of alcohol not being addictive. With the new Dietary Guidelines that you want to put in place will only increase consumption and adding your blessing. You will be sending the wrong message thus the cycle will continue. Society needs constraints in place because like

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

everything else we love to over indulge.

Comment ID: 001788

Submission Date: 07/13/2010

Organization Type: Professional Association

Organization Name: Nutrition Educators of Health Professionals, a Dietetic Practice Group of the American Dietetic Association

First Name: Sue

Last Name: Cunningham

Job Title: Registered Dietitian

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: See attached

Comment ID: 001699

Submission Date: 07/12/2010

Organization Type: Professional Association

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am a Chemical Dependency Counselor. I have watched as many of my client's lives have been ruined by alcohol alone. This legal "drug" continues to claim the lives of many. It is "by degrees" that one becomes addicted. To minimize the high-risk of addiction is denial. Alcohol is a poison. There is a tolerance that can develop. We need to discourage the use of alcohol. Like the old folk song of the 60's...."When will we ever learn?"

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001650

Submission Date: 07/12/2010

Organization Type: Professional Association

Organization Name: New Horizons of the Treasure Coast, Inc.

First Name: Judith

Last Name: Brennan

Job Title: Licensed Mental Health Counselor and Substance Abuse Counselor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The proposed changes to the Dietary Guidelines are detrimental to the understanding by the general population about the risks of increased alcohol consumption. There is ample research to indicate that there are physiological, familial, social, legal, emotional/psychological, and spiritual consequences with anything other than mild consumption of alcohol. Please do not do a disservice to the general public by increasing the "moderate" drinking levels to levels proposed, which would create vulnerability to driving accidents and/or DUI's, loss of life or ER visits for accidental actions under the influence, problems in the family or socially, increased risk of medical problems, habituation to larger amounts of alcohol that can move persons to the risk levels for abuse and dependence not previously experienced at 1 drink per female and 2 per male.

Comment ID: 001612

Submission Date: 07/11/2010

Organization Type: Professional Association

Organization Name: APhA and ASHP and NJ equiv.

First Name: Nan

Last Name: Davis

Job Title: pharmacist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I can't believe the proposed change in alcohol suggestions. I would not have made it into recovery 34 years ago if I listened to such nonsense. For 10% plus of the population any alcohol is too much. This sort of "weasel room" is wonderful support for denial!

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001644

Submission Date: 07/12/2010

Organization Type: Professional Association

Organization Name:

First Name: Shannon

Last Name: H

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: When I read this I was completely disgusted. I cannot believe anyone with a good conscious would even consider doing something like this. What for a buck!? Lets ruin lives and families so alcohol companies can make more blood money! What about the DUI'S. This is already a major issue. What about the children? What is going to happen to them? With all the cuts, when their parents need help because of addiction or they have been killed, who is going to tell that child why? Who is going to take care of them? Wake up people! This is a bad idea and anyone who supports this is an absolute idiot and should be ashamed of them selves!!!!

Comment ID: 001530

Submission Date: 07/09/2010

Organization Type: Professional Association

Organization Name: Education

First Name: Triple Play Connections

Last Name: Norton

Job Title: Joan

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Who is behind this more alcohol for health benefits? Is it the alcohol industry? They are the only one that would benefit from individuals drinking more alcohol. Three drinks for a man and 2 drinks for a woman? What is the definition of a drink. Certainly alcohol content is a factor in deciding what is a drink. I can see DUI arrest on the increase with this proposal. Also on the increase could potentially be people who would abuse alcohol consumption. I can see it now. An individual rationalizing if four drinks are O.K then because "I am tall" five drinks are still O.K. Four drinks can and does lead to intoxication and intoxication can make domestic violence lethal. Come on lets do some testing so we all can see what a foolish and dangerous idea it is to raise the drinking recommendation.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001511

Submission Date: 07/09/2010

Organization Type: Professional Association

Organization Name: Alaska Health Education Consortium

First Name: M

Last Name: Powell

Job Title: Health Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The intent of USDA guidelines must be to promote optimum health through both proactive and preventative actions. Based on the most recent scientific evidence, it is not indicated that individuals should consume moderate or large quantities of alcohol. Present social challenges associated with the misuse and abuse of alcohol are responsible for a significant portion of our crime and accidents. More important to the USDA is the significant relationship between alcohol use and chronic disease. Given these data, it would be highly detrimental to suggest that an increase in the daily consumption limits is advisable. Although there is some evidence that suggests that responsible drinking of up to four drinks by a man and 3 drinks by a women on a particular day may have little or no long-term negative effects, it should not be advisable or encouraged by the USDA. Rather, the USDA should enforce the holistic health benefits of a proper diet that avoids junk food and high sugar substances such as metabalized alcohol. I strongly encourage modifying the proposed 4/3 language to maintain the recommended limits of one drink for a women and two drinks for a man and further, to reinforce more intensely the benefits of reducing consumption below these maximum limits and abstinence.

Comment ID: 001569

Submission Date: 07/10/2010

Organization Type: Professional Association

Organization Name: join together

First Name: marilyn

Last Name: fawell

Job Title: retired teacher

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: In view of the many deaths and broken families caused by alcoholism/ addiction, I urge that the new guidelines NOT encourage or promote the idea that moderate consumption of alcohol is OK and not harmful and actually beneficial. Those who are or those subject to addiction will use this as an excuse to drink. USDA needs to protect people.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001483

Submission Date: 07/09/2010

Organization Type: Professional Association

Organization Name: NAADAC National Association of Addiction Professionals

First Name: Leroy

Last Name: Kelly

Job Title: Graduate College Faculty CAMBRIDGE COLLEGE

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please do not allow that daily consumption of alcohol is consistent with healthy behavior. Many people who develop into daily drinkers then continue to increase the quantity and frequency of their use. Although we may not be sure of the reason many experts theorize that brain chemistry plays a role. This role may be subtle and unnoticed by the individual during a period when they are becoming physically dependent. The gradual onset of the disorder of Alcoholism may not be identified until after the affected individual is experiencing urges to use and cravings for the drug that overshadow any reasonable concerns one may have.

Comment ID: 002105

Submission Date: 07/15/2010

Organization Type: Professional Association

Organization Name: American Dietetic Association

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages, Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Food Groups, Food Safety, Other, Protein, Vitamins

Sub Topic:

Attachment: Y

Comment: The American Dietetic Association is pleased to provide the attached comments on the translation of the Dietary Guidelines Advisory Committee report into the 2010 Dietary Guidelines for Americans.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002011

Submission Date: 07/15/2010

Organization Type: Professional Association

Organization Name: American Public Health Association

First Name: Donald

Last Name: Hoppert

Job Title: Director, Government Relations

Key Topic: Alcoholic Beverages, Eating Patterns, Energy Balance/Physical Activity, Fats

Sub Topic:

Attachment: Y

Comment: Please find attached the American Public Health Association's comments regarding the final Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

Comment ID: 002137

Submission Date: 07/15/2010

Organization Type: State/Local Government Agency

Organization Name: NYS Office of Alcoholism and Substance Abuse Services

First Name: Reba

Last Name: Architzel

Job Title: Director-Grants Management and Federal Policy

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Attached, in Word format, are comments from the New York State Office of Alcoholism and Substance Abuse Services (OASAS).

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 002089

Submission Date: 07/15/2010

Organization Type: State/Local Government Agency

Organization Name: Minnesota Department of Health

First Name: Sanne

Last Name: Magnan

Job Title: Commissioner of Health

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I understand that by changing these guidelines the USDA thinks that an average intake (of two drinks for men and one for women) is a better idea than a daily amount in an effort to not encourage daily drinking. However, research shows that most people who abide by the current recommendations do not currently drink daily.

I am worried that the proposed guidelines will provide tacit approval for people to drink more heavily on occasion. The guidelines also begin to change the cultural norm for moderate drinking, which presently is considered one or two drinks per day.

Alcohol is the third leading preventable cause of death in the United States.

Moderate drinking, as presently defined, has been shown to be linked with an increased risk for breast cancer. Heavier drinking is related to several cancers, liver disease, and other diseases.

In addition, impaired driving caused by alcohol use is a significant problem across the country. Approximately 40,000 Minnesotans are arrested every year for driving while under the influence of alcohol. The proposed guidelines would put many people at the legal blood alcohol limit for driving. For example, three drinks may give a 180-pound woman a .08 blood alcohol content, which is the legal limit throughout the country. Any woman under 180 pounds could be over the legal limit. Similarly, four drinks may put a 180-pound man at that limit. I am concerned that the new guidelines could give people ?approval? to drink more and to risk causing injuries and deaths from alcohol-related car crashes.

Considering the public health and public safety problems caused by alcohol, I do not believe we should be tacitly encouraging people to drink more heavily, even if only occasionally. I sincerely hope you will consider keeping the USDA Dietary Guidelines on Alcohol as they currently exist.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001978

Submission Date: 07/15/2010

Organization Type: State/Local Government Agency

Organization Name: NYC Department of Health and Mental Hygiene

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: See attached

Comment ID: 001875

Submission Date: 07/14/2010

Organization Type: State/Local Government Agency

Organization Name: Madison Alliance Against Substance Abuse

First Name: Christine

Last Name: Shesler

Job Title: Health Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please continue to define "safe" alcohol use as a daily limit of two drinks for men and one for women. Changing to a weekly average or limit provides a rationale for drinking more than is safe, healthy or prudent. The effects of alcohol on judgement and decision-making after 3-4 drinks will result in many persons continuing to drink even more and going over their limit. The health and safety effects of endorsing this change will have many negative unintended consequences.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001886

Submission Date: 07/14/2010

Organization Type: State/Local Government Agency

Organization Name: Clay County Public Health

First Name: Gina

Last Name: Nolte

Job Title: Director of Health Promotion

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: As a person working in public health, focusing on both obesity and alcohol and other substance use, I appreciate your work, however am very concerned about the changes in alcohol standards. We constantly have to deal with a culture of "normalized" drinking and excessive drinking. The proposal will not help us in our efforts to decrease substance use, underage drinking and traffic safety. Please consider the implications that changing your alcohol standard will create, which makes it all the more difficult for us to address the enormous issues related to alcohol use and the perceptions (misperceptions) of safe use. Thank you.

Comment ID: 001924

Submission Date: 07/14/2010

Organization Type: State/Local Government Agency

Organization Name: Mercer Island Youth and Family Services

First Name: Cynthia

Last Name: Goodwin

Job Title: Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am very concerned with the change that alcohol consumption guidelines be based on average consumption, rather than per-day consumption. Drinking up to 4 drinks per day, three times a week for men and 3 drinks per day, twice a week for women would constitute "moderate" drinking, as long as the average limits over one week are not exceeded is overlooking the serious risks this drinking behavior poses to the general public, and should not be recommended by any agency concerned about public health. Studies of "Moderate" Drinking are Seriously Flawed. Moderate drinking is associated with myriad health risks, including numerous cancers and chronic illnesses. In addition, the evidence regarding health benefits from drinking alcohol is questionable at best. There have been zero randomized controlled trials-the gold standard for scientific evidence- for low alcohol consumption levels and mortality outcomes to date. Guidelines should remain as conservative as possible when drawing scientific conclusions regarding any alleged health benefits of moderate alcohol consumption. The substantial shift to recommending higher per-occasion and per-day alcohol consumption, plus suggestions that the questionable benefits from drinking outweigh the known risks, are gifts to the alcohol industry. The Committee must be aware that the Report's messages about alcohol consumption will be misinterpreted by businesses and trade organizations that sell and promote alcoholic beverages. The alcohol industry has a long history of exploiting the Dietary Guidelines and

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

the suggestions contained in the Report lend themselves to further misuse. I am especially concerned that despite the Report's caveats, the industry will use the new recommendations to promote alcohol and increased consumption. Please revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message-2/1 per-day consumption of alcohol for men and women, respectively.

Comment ID: 001925

Submission Date: 07/14/2010

Organization Type: State/Local Government Agency

Organization Name: DeKalb County, Ga. (ret'd)

First Name: Margaret

Last Name: Cone

Job Title: Substance Abuse Services Director, Ret.

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Please maintain the current recommended daily guidelines for alcohol consumption, especially the current advice for women. The proposed change will lead to increased drinking and associated risks, and will increase risk for breast cancer, among other negative consequences.

Comment ID: 002143

Submission Date: 07/15/2010

Organization Type: State/Local Government Agency

Organization Name: Public Health Division, Oregon Dept of Human Services

First Name: Melvin

Last Name: Kohn

Job Title: State Health Officer and Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am writing to express my concern about proposed changes to the Dietary Guidelines for alcoholic beverages. Specifically I am concerned that defining moderate drinking as up to four drinks for men and three for women will undercut the important message of not engaging in binge drinking. While this new recommended level of intake falls one drink short of the accepted definition of binge drinking, the effects of drinking occur on a continuum, and there is no real threshold for ill effects. Changing the recommendation would normalize a behavior that should not be encouraged. Alcohol use is one of the most serious public health issues we face. I urge you to leave the current guidelines for alcohol consumption as they are.

Melvin Kohn, MD MPH
State Health Officer and Director, Public Health Division

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Oregon Department of Human Services

Comment ID: 001488

Submission Date: 07/09/2010

Organization Type: State/Local Government Agency

Organization Name: Utah County

First Name: Brian

Last Name: Alba

Job Title: Prevention Specialist

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Alcohol consumption guidelines should be based on per-day consumption and not on an average consumption guideline. Average consumption guidelines pose serious risks to the general public, and should not be recommended by any agency concerned about public health.

Moderate drinking is associated with many health risks, including numerous cancers (e.g. breast and esophageal) and chronic illnesses such as pancreatitis. In addition, the evidence regarding health benefits from drinking alcohol is questionable at best. There have been zero randomized controlled trials?the gold standard for scientific evidence? for low alcohol consumption levels and mortality outcomes to date. Without such evidence, we should remain as conservative as possible when drawing scientific conclusions regarding any alleged health benefits of moderate alcohol consumption.

The substantial shift to recommending higher per-occasion and per-day alcohol consumption, plus suggestions that the questionable benefits from drinking outweigh the known risks, are gifts to the alcohol industry. The Committee must be aware that the Report?s messages about alcohol consumption will be misinterpreted by the powerful corporations and trade organizations that sell and promote alcoholic beverages. The alcohol industry has a long history of exploiting the Dietary Guidelines for their benefit, and the suggestions contained in the Report lend themselves to further misuse.

We are especially concerned that despite the Report?s caveats, the industry will use the new recommendations to promote alcohol consumption and increased consumption.

We ask that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public.

We specifically ask that the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001454

Submission Date: 07/09/2010

Organization Type: State/Local Government Agency

Organization Name: NM Traffic Safety Bureau

First Name: Glenn

Last Name: Wieringa

Job Title: Underage Drinking Prevention Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am opposed to relaxing current Dietary guidelines for a number of reasons. As the State's Underage Drinking Prevention Coordinator, youth who drink model their behavior after adult role models. When adults of legal drinking age are given the "green light" to consume more, this only makes the job of preventing underage drinking that much more difficult. This is role-modeling we don't need.

The country is faced with an obesity epidemic and sanctioning additional caloric intake makes no sense whatsoever.

Finally, kids need to see more adults enjoying themselves in alcohol-free situations, not fewer. The proposed enhanced guidelines will be the government's permission to drink more, not less, the exact opposite of what is called for by the scientific literature.

New Mexico leads the nation in the number of youth who start drinking before the age of 13 and it is my professional opinion that this will not make that challenging situation any better; to the contrary, it will likely make it worse.

Comment ID: 001428

Submission Date: 07/08/2010

Organization Type: State/Local Government Agency

Organization Name:

First Name: c

Last Name: flevaris

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: No comments on Fetal Alcohol Syndrome and alcohol consumption for young or older woman.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001378

Submission Date: 07/07/2010

Organization Type: State/Local Government Agency

Organization Name: Massachusetts Department of Public Health

First Name: Fernando

Last Name: Perfas

Job Title: Program Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: DANGEROUS SHIFT FROM DAILY TO AVG CONSUMPTION GUIDELINES. Report states that drinking up to 4 drinks/day, 3X a week for men and 3 drinks/day, 2X a week for women would constitute moderate drinking, as long as the avg limits over 1 week are not exceeded. This type of drinking behavior poses serious risks to the general public, and should not be recommended by any agency concerned about public health. STUDIES OF MODERATE DRINKING ARE SERIOUSLY FLAWED. Moderate drinking is associated with myriad health risks, including numerous cancers (breast, esophageal, etc) and chronic illnesses (pancreatitis). In addition, evidence regarding health benefits from drinking alcohol is questionable at best. There have been no randomized controlled trials (the gold standard for scientific evidence) for low alcohol consumption levels and mortality outcomes to date. Without such evidence, we should remain as conservative as possible when drawing scientific conclusions regarding any alleged health benefits of moderate alcohol consumption. ALCOHOL INDUSTRY HAS MISUSED PUBLIC HEALTH RECOMMENDATIONS. The substantial shift to recommending higher per-occasion and per-day alcohol consumption, plus suggestions that the questionable benefits from drinking outweigh the known risks, are gifts to the alcohol industry. The Report's messages about alcohol consumption will be misinterpreted by the powerful corporations and trade organizations that sell/promote alcoholic beverages. The alcohol industry has a long history of exploiting the Dietary Guidelines for their benefit, and the suggestions contained in the Report lend themselves to further misuse. I am especially concerned that despite the Report's caveats, the industry will use the new recommendations to promote alcohol consumption and increased consumption. I ask that the Committee revise the Report and subsequent Guidelines to send a much more cautionary, evidence-based message regarding alcohol consumption to the public. I specifically ask that the new Guidelines maintain the formulation of 2/1 per-day consumption of alcohol for men and women, respectively.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001568

Submission Date: 07/10/2010

Organization Type: State/Local Government Agency

Organization Name: Alcohol and Drug Services

First Name: CARLOS

Last Name: CONCHA

Job Title: Clinical Supervisor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Under the proposed guidelines a Breath Test may give the person an general average of 0.02 reading per drink, so under the proposed guidelines a reading for men may be up to 0.8 and 0.06 for women.
Would the cop charge you if he get that reading? Try it
Salomon said: "Do not look at the wine as it sparkles in your cup, because it will soon bite you as a snake."
GOOD DAY !!!

Comment ID: 001552

Submission Date: 07/09/2010

Organization Type: State/Local Government Agency

Organization Name:

First Name: Niki

Last Name: Miller

Job Title: Consultant

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The proposed changes to the dietary guidelines for alcohol consumption will make my job much harder and will cost the taxpayer. I now work in the correctional system dealing with the ravages of addiction on women and families. Prior to that I directed a non profit dedicated to reducing the dramatic increases in alcohol consumption in women and girls. These guidelines will represent the biggest threat to women and girls. The alcohol metabolism of women has not been studied sufficiently. There are distinct biological differences that are attenuated by a host of unique factors in women's ability to metabolize alcohol. The reality is that women of childbearing age who rely on these guidelines will experience a much higher risk of FAS and FAE babies. I have worked with these women and families and it is a tragedy for both mother and child. Many women drink before they know they are pregnant. All but 2-4% of adult women continue to drink once they know they are pregnant, and many of those women have severe addictive and mental illness. Many of them have FAE's themselves. But adolescent girls, who are having full term pregnancies at higher rates and earlier ages, drink during pregnancy at the same rate as their non-pregnant counterparts. These guidelines will do nothing but fuel underage drinking and will endanger adult women. Women's ability to out maneuver sexual

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

predators will be diminished, their rates of traffic fatality and impaired driving charges will increase. This is change evinces a callous disregard for women's health. There is not sufficient research on women, girls and racially diverse minority women including Native American women, to scientifically justify this reckless and pointless change. I can think of no logical reason for this aside from increasing liquor industry's profits.

Comment ID: 001536

Submission Date: 07/09/2010

Organization Type: State/Local Government Agency

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: In regards to alcohol consumption guidelines, doubling the daily guideline for males and tripling it for females would effectively "endorse" drinking at such levels, which fall just short of binge drinking. Drinking at such levels may lead to increased injuries and other negative social consequences. From a public health perspective, increasing the guidelines will only send the message that drinking more is the right thing to do, and begin to unravel the major prevention efforts in communities across the country. Please reconsider adjusting the current guidelines.

Comment ID: 001634

Submission Date: 07/12/2010

Organization Type: State/Local Government Agency

Organization Name: Broome County Mental Health

First Name: Terry

Last Name: Cole

Job Title: Dual Recovery Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am thoroughly opposed to the new 2010 USDA proposed dietary guidelines for alcohol consumption. As a credentialed and licensed professional working in the field of chemical dependency and mental health for the past 38 years, I view guidelines such as proposed to be so easily misunderstood by individuals and families of individuals who may already have drinking problems, or who may be progressing in their alcohol abuse patterns; also for individuals and families who have compromised health conditions that daily alcohol consumption is contraindicated, let alone 4/3. I have read articles and comments of professionals in JTO and am in agreement with much of what they say as well. One such commentator is Timothy S. Naimi, M.D., M.P.H., Boston Medical Center and I agree with his comments such as "The proposed change represents a doubling of the daily guideline for men, and a tripling of the daily guideline for women. Although drinking 4 drinks for men and 3 drinks for women falls just short of thresholds that define 'binge'".

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

drinking and is not generally pathologic, relaxing guidelines that might cause some to increase their drinking to these levels is neither safe nor desirable from a public health perspective?. ?Furthermore, epidemiologic studies confirm that drinking 4/3 drinks (or to BACs typically associated with 4/3 consumption) is associated with increased risk for unintentional injuries, including motor vehicle crashes?. Also, daily consumption as outlined in 2010 guidelines lines is associated with chronic disease outcomes such as hypertension and overweight. DR. Naimi goes on to say, which I am in full agreement, ?Relaxing guidelines delineating "moderate" drinking is not like recommending someone take more vitamins. Alcohol is the third leading preventable cause of death in the U.S.? I believe that changing the guidelines to 4/3 is a prescription for serious health issues for individuals and families as well as a bad example for children and history shows us that alcohol consumption is not declining and the social, economic, family adverse effects are not declining.

Comment ID: 001627

Submission Date: 07/12/2010

Organization Type: State/Local Government Agency

Organization Name: Chesapeake Community Services Board

First Name: William

Last Name: Evans

Job Title: Licensed Clinician II

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I implore the committee to re-think suggesting that it is acceptable to drink 3 - 4 alcoholic drinks each time a person drinks. When the medicinal benefits of drinking red wine were touted in the media a few years back our treatment services saw a subsequent rise in persons seeking treatment following an increase in their red wine consumption based on the media reports. We currently only have resources to treat about 10% of the persons requesting services. The persons requesting services only represents 15% of the total persons needing services. Please don't stress our already overloaded system by making such irresponsible suggestions to the public. Thanks, William Evans, Ph.D.

Comment ID: 001628

Submission Date: 07/12/2010

Organization Type: State/Local Government Agency

Organization Name: Macomb County Community Mental Health

First Name: Madeline

Last Name: Nantais

Job Title: Prevention Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The effects of drinking before and during pregnancy are essential for men and women to know.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001665

Submission Date: 07/12/2010

Organization Type: State/Local Government Agency

Organization Name: LAC SAPC

First Name: Farimah

Last Name: Fiali

Job Title: Research Analyst

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The current guideline may be misinterpreted to encourage increased consumption. The current recommendation is bordering binge drinking (up to 3 for women and 4 for men) and can significantly affect cognition, judgement, and coordination. This level of consumption can easily lead to increased unintentional injuries and vulnerability to other public health issues such as STD's. Please consider modifying the statement to minimize the confusion.
If not corrected, this recommendation may have detrimental effects and increase the alcohol related cost to this nation. Thank you for your consideration.

Comment ID: 001683

Submission Date: 07/12/2010

Organization Type: State/Local Government Agency

Organization Name: Gillette Police Department-Substance Abuse Prevention

First Name: Kellie

Last Name: Furman

Job Title: Prevention Coordinator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I am writing to express my opposition to the proposed recommendations that increases the definition of 'moderate' drinking. The proposed increases contradicts the expressed purpose of the Dietary Guidelines, which is (from the USDA website) to 'provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.' Increasing one's alcohol consumption not only has long term physical and mental health risks, but it also has severe acute affects and risks, including potential for alcohol impaired driving and unintentional accidents. Hence, the proposed revisions negate good dietary habits and will essentially contribute to promoting unhealthy diets and increasing risk for harm and disease. Additionally, consideration of the affects on youth must be recognized. Many youth take their health cues and habits from adults. Effectively, by indicating through the Dietary Guidelines that it is okay for adults to consume 3 or 4 alcoholic drinks each day, a young person may jump to the incorrect assumption that if it is recommended for adults, then it must okay for youth. We know this is not the case, as underage alcohol consumption contributes to a number of immediate health risks and has long term health consequences, such as learning disabilities and an increased likelihood of alcohol dependency. Therefore, while these guidelines are intended for and focused on adults, we must consider the

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

trickle down affects on other age groups. Policy changes and recommendations such as the Dietary Guidelines convey an acceptance and tolerance of risky drinking that has an effect on more groups than those it directly addresses.

Various unintended consequences, such as the examples given here, must be considered when making revisions of the magnitude proposed for the alcoholic beverages section.

This revision would be harmful to the American public. Please reconsider this change.

Sincerely,
Ms. Furman

Comment ID: 001694

Submission Date: 07/12/2010

Organization Type: State/Local Government Agency

Organization Name: The Oceana Prevention Partnership for Change

First Name: Barb

Last Name: Sheren

Job Title: Health Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The idea of moving to a weekly average from a daily amount for alcohol consumption is not a good one, based on my experience as a life style counselor and a health educator.

When the DGA refers to other food items in a daily consumption amount this should be consistent with this food group also.

This will be harmful and confusing for the consumer and allow for rationalizing a higher daily consumption of alcohol on some days.

Comment ID: 001715

Submission Date: 07/12/2010

Organization Type: State/Local Government Agency

Organization Name: Orleans County Health Department

First Name: Nola

Last Name: Goodrich-Kresse

Job Title: Public Health Educator

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: By definition, alcohol is an intoxicating agent, therefore why would a governmental agency want to 'recommend' usage as related to health? Generally alcohol usage in the USA is for the purpose of self medication, not for nutritional purposes. Therefore it is inappropriate for the USDA to promote an increase usage of alcohol. I encourage you to NOT

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Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

revise the 'guidelines' for alcohol use regarding 4/3 on average as many will read the numbers and not the term 'average' thinking it is daily use. Considering the high cost of alcohol use/abuse to infants with FASD, lost jobs, ruined families, lost lives, billions of dollars, etc. I feel it would be irresponsible for an agency to make this recommendation as well as giving the alcohol industry a boost by providing the public with an agency guidance to consume a substance that poisons.

Comment ID: 001768

Submission Date: 07/13/2010

Organization Type: State/Local Government Agency

Organization Name: Waushara County Department of Human Services

First Name: Patricia

Last Name: Bero

Job Title: AODA Prevention Specialist/OWI Assessor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: This concerns the new recommendation that will be coming out for consumption of alcoholic beverages. The amount recommended now is within a healthy recommended amount. If the amount is changed to the 4/3 ratio, people might think that they can drink this much and drive. These amounts will put people over the .08 BAC and they will wonder why they even got an OWI since the guidelines said they could consume this much alcohol. We use the Prime for Life materials to teach the underage drinking program. The guidelines in the program uses the 0123 formula. 0 for no drinking at all is a low risk choice, 1 drink per hour, never more than 2 drinks/day if a person drinks daily and never more than 3/day if they don't drink daily. If people have a family history or an initial high tolerance, they are to decrease the amounts for daily and not everyday drinking. This is to avoid health and impairment problems. Prime for Life is based on significant research. The size of drinks and alcohol content also has to be taken into consideration. A drink needs to be well defined. Based on the work I do in the field, I would strongly encourage the recommendations for drinking to remain what they presently are: 2 drinks for men and 1 drink for women, men never to have more than 14 drinks in a week and women to never have more than 7 drinks in a week. Thank you,
Pat Bero
AODA Prevention Specialist/OWI Assessor

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001760

Submission Date: 07/13/2010

Organization Type: State/Local Government Agency

Organization Name:

First Name: Laura

Last Name: Quass

Job Title: Public Health Nurse

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: In regards to USDA's proposed New Dietary Guidelines on Alcohol, I want to voice my concern. Alcohol is a drug and perhaps would be more appropriately controlled by the FDA as other drugs, both prescription and OTC medications are. Alcohol has detrimental as well as beneficial impact on the body. Changing the guidelines allowing for greater consumption of alcoholic beverages may inadvertently lead to many to increase their drinking under the false impression that alcohol must not be so bad for them. As a public health nurse I feel this is doing the public an injustice as people will feel USDA's guidelines are a ticket to increase the amount they drink. This in turn may lead to more DUI's and alcohol related incidences among young people who are just becoming of drinking age. I ask you to not change the current guidelines as it may give the false impression that drinking is safe. Thank you for taking our thoughts seriously.

Comment ID: 001730

Submission Date: 07/12/2010

Organization Type: State/Local Government Agency

Organization Name: Arizona DES-DDD Fetal Alcohol Resource Center

First Name: Teresa

Last Name: Kellerman

Job Title: Program Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Part D. Section 7: Alcohol

Pregnancy

Please add the following sentence:

Abstinence during the entire pregnancy is the only certain way to prevent birth defects and brain damage caused by prenatal exposure to alcohol.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Alcoholic Beverages

Comment ID: 001797

Submission Date: 07/13/2010

Organization Type: State/Local Government Agency

Organization Name: STARR Program

First Name: William

Last Name: Tucker

Job Title: Supervisor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I totally disagree that you would want to change the recommended dally consumption to 4 drinks for men and 3 for women. That is irresponsible and inappropriate in a society where we continue to pay huge amounts for alcohol treatment. Alcohol addiction occurs gradually. Over time, drinking changes the balance of chemicals in the brain associated with the pleasurable aspects of drinking alcohol. Excessive, long-term drinking can affect the balance of these chemicals, causing the body to crave alcohol to restore good feelings or to avoid negative feelings. Mounting research suggests that alcohol causes more damage to the developing brains of teenagers than was previously thought, injuring them significantly more than it does adult brains. The new findings may help explain why people who begin drinking at an early age face enormous risks of becoming alcoholics. Alcohol ruins families, kills, and causes many health problems.

Comment ID: 001838

Submission Date: 07/13/2010

Organization Type: State/Local Government Agency

Organization Name:

First Name: June

Last Name: Lazerus

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: My comments address two different issues.

I do not see anything in the descriptions of the research articles utilized to come out in such strong support of alcohol consumption to assure that differences other than alcohol use were behind the reduction occurrences of the medical problems, e.g.,. were there cultural factors that kept women from drinking that were also factors in a predisposition to

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the illnesses those non-consumption women were subject too.

The second point addresses what seems to be a de facto endorsement of binge drinking (3 drinks in a night for women, 4, for men) without any caveats of negative consequences--perhaps only indirectly health-related--of the multiple drinks on an occasion. The more one drinks, for example, the less likely one is to count drinks and successfully limit ones self to a pre-determined number of drinks on occasion. Multiple drinks on a single occasion can result in negative behaviors: fighting, physical abuse of others or the environment, unsafe sex, driving while intoxicated, depression and even suicidally. These outlier factors should be cited along with any support for changes in recommendations re: drinking behaviors